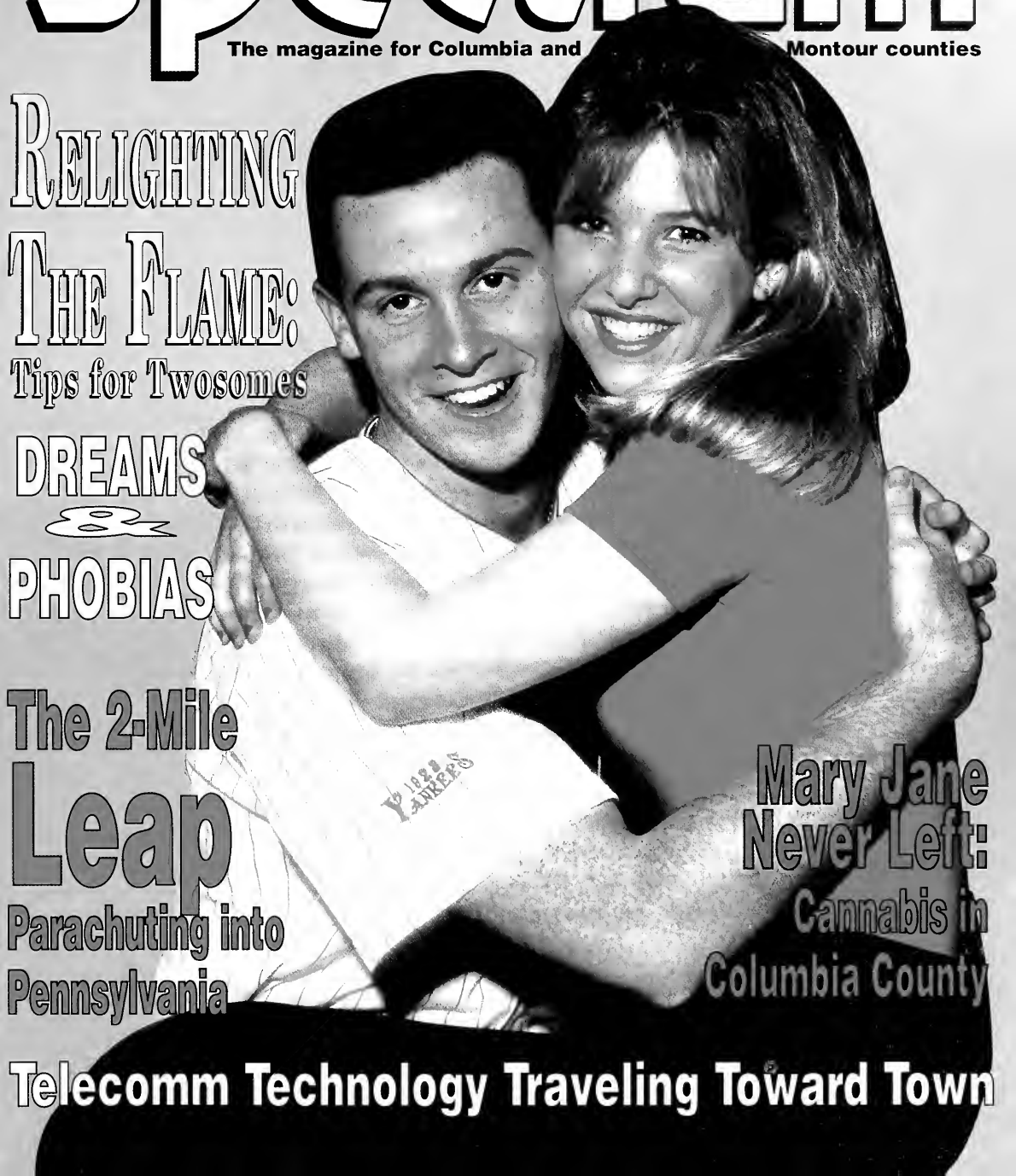
Spring/Summer 1994 Vol. 8 No. 1 $1.95

Spectrum

The magazine for Columbia and Montour counties



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BEHIND THE LINES

Spectrum underwent several technological changes for this issue. We now have an updated computer system and new programs. These acquisitions will enable us to be more efficient and to do things we previously were unable to do.

Previously, *Spectrum* was produced on a Macintosh SE-30 with limited memory, a small hard drive, and a 9-inch black and white monitor. Most professionals who visited our office had trouble believing we could produce a full-color magazine with such limited equipment. For those who are interested in computers, we now have a Macintosh Quadra 650 with 16 megabytes of RAM, a 270 megabyte hard drive, and a 21-inch color monitor. We also have a Quadra 610, a MicroTek IIXE color scanner, and a LaserWriter Pro 630.

Along with the new hardware, we are using a different program, QuarkXpress, to produce the magazine. QuarkXpress is a desktop publishing program that is widely used for publication by the professional media.

Our circulation department is also attempting to join the computer age. We are in the process of entering our circulation information into the computers and will have subscribers' names, addresses, subscription dates, and billings done from this file. Our bookkeeping department worked hard to compile all the needed information. We would like to hear from any of our subscribers who might have any problems with deliveries or billings.

However, all the technology is useless if the editorial product is weak, or if we don't meet the readers' needs. Pardon a little egotism, but we believe our technology has finally caught up to our editorial product!

—THE EDITORS

LETTERS TO THE EDITOR

Everyone affiliated with Bloomsburg University should be very proud of *Spectrum*. The quality of the periodical surely must equal the quality of the students who produce it.

For many years, *Spectrum* has been superb—in reporting, format, design, and substance. It's no wonder it has been an award winner!

The Bloomsburg community is fortunate to have *Spectrum* reporters write stories providing information about local and regional issues. No other publication in our area matches it.

Daniel J. Bauman
Mayor, Bloomsburg

I am thoroughly impressed with *Spectrum* and the many awards the magazine has won. It truly is a highly professional publication. I commend you and the entire staff.

Spectrum is an outstanding example of why I am immensely proud of our faculty, students, and staff.

Curtis R. English, Interim President
Bloomsburg University

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Spectrum

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About the cover...
Photo by Dan D'Amato.
Models : Kristin Bergstein and John P. Hayden

This issue of Spectrum *is printed on recycled paper.*

APPETIZERS

Bon Appétit!

Sweet Dreams

If you're having a bad day, and the stress from life has you in the dumps, lay down, go to sleep, and let your dreams takeover.

According to Dr. Brett Beck, associate professor of psychology at Bloomsburg University and staff psychologist at the Psychological Services Clinic in Danville, dreams can be a great form of stress relief.

"When people sleep, it is a chance for the human mind to file and process the information and events of the day into memory," says Beck who adds that the process is a lot like a computer putting information into its memory banks. This is one reason children dream so much, because everything is so new to them.

Dreams most often occur during the Rapid Eye Movement (REM) stage of sleep, according to Beck.

The REM stage of sleep is characterized by the quick movement of an individual's eyes during sleep. This stage also shows a large increase of brain activity and the muscles become paralyzed, adds Beck. He also points out that the lack of muscle movement is beneficial so individuals do not act out what they're dreaming about.

Beck doesn't believe all dreams have a hidden meaning. "They should not be taken too seriously, they usually mean whatever the person thinks they mean," he says.

Although an adult can dream from one-half to two hours during four to six dream cycles per night, most people don't remember their dreams, says Beck. "Memory processes work differently while sleeping," he says, noting the person is "in a different physiological state." He also adds some people can train themselves to remember their dreams; however, if you can't, he suggests you write them down immediately after having one, so that you can talk about them the following day.

- DAN McGONIGAL

photo by Lisa Subers

Fear Not

"I can't breathe and the oxygen is depleted from my environment," says Lori Blackburn, 20, who has an intense phobia towards tunnels. Seven out of 10 Americans have a phobia, according to the U.S. Department of Health and Human Services.

Basically, a phobia is "an irrational fear of a particular situation or object, circumstances or structures," says Dr. Kambon Camara, a psychologist from the Bloomsburg University Counseling Center. It falls under the general category of anxiety disorders, he adds.

People fear objects or situations that were at one time considered dangerous to the species, such as snakes and flying. Phobias are usually directed toward a specific object that has been recognized as threatening.

"People have traumas that get associated with a particular activity," says Dr. Barry Jackson, a psychologist also from the Bloomsburg University Counseling Center.

Phobics suffer from heart palpitations, agitation, anxiety attacks and increased body temperature when confronted with their fear, Jackson says.

Dr. James Dalton, psychology professor at Bloomsburg University, adds that phobias are somewhat obvious fears toward tangible objects. He says they are usually not directed towards objects such as automobiles, even though cars have a more destructive tendency than spiders (arachniphobia), for example.

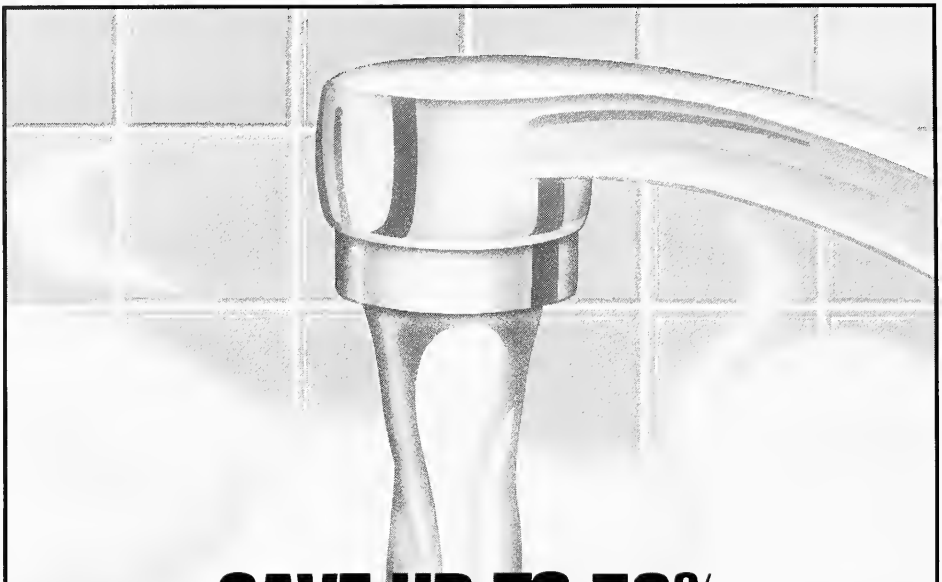
Common types of phobias are towards animals, but also people frequently fear confined spaces (claustrophobia), heights (acrophobia), illness, and injections. In an extreme situation, agoraphobia is the fear of everything.

"There is a lot that can be done," says Jackson. There is hope, however, to free your mind of obsessive fears. In addition to professional methods, such as relaxation techniques and exposure therapy, there are personal avenues which can help you, says Dalton.

"Avoidance is a strategy that works pretty well," says Jackson, but he doesn't advise it. Hypnosis may help calm the body in the short run, says Dalton, but anxiety management techniques and social support networks, such as your peers, would be more beneficial.

For Lori , on the rare occasions she must travel through tunnels, she says she just closes her eyes and puts her head down.

-LISA SUBERS



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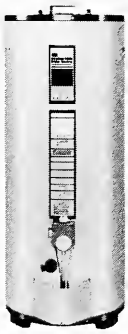

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Growing Like a Weed

by Brandi Mankiewicz and Jay Unangst

The Marijuana Epidemic

"When I used to sell weed, I would make the runs to the city myself. Since I was taking huge risks to do this, I did not want to deal with the hassles of selling to individual customers, so I had two guys that I would front the weed to, and they would do the lower-level dealing for me. It worked fine. They would bring back the cash and we would all get a percentage, plus lots of free smoke.

"For the first six months, business was going well. I was making the runs, my couriers were bringing in the money, and we were getting stoned all the time for free. Then, late one night, I got a phone call from Steve that some guy had jumped Ed with a lead pipe, beat him real bad, and took the weed and the cash he was carrying.

"We made a decision that we were going to get this guy and give him some payback, not as much for the weed or the cash, but for our friend. It took about two weeks, but me and Steve finally found out who did it, and we were determined to go through with it.

"We followed him to a local bar one night, and waited for him to come out. I remember we were having second thoughts because he was in there so long, but we both knew what we were there to do. When he finally came out, we made sure there was nobody around, then we forced him by gun point into the trunk of the car.

"We got him into Steve's basement and tied him up. Then, as we were telling him about the mistake he made, I used a machete to make a cut on the soles of his feet from the tip of his big toes to his heels, then crossed it from side to side. After that night, the business came to a halt. I guess you could say we just lost the nerve to keep doing what we were doing."

-OZZIE

This scenario might sound like something from New York City or Los Angeles. However, it actually occurred in Bloomsburg, and Ozzie is a 26-year-old former Bloomsburg University student.

To the average person, marijuana usage is associated with the long-haired hippies from the 1960s. But, marijuana is used by all classes, all political and social philosophies. And, while the "long-hairs" who wore peace symbols were using marijauna, so were soldiers in Vietnam. "It's the only way we could put up with [the war]" says a 46-

year-old former infantry soldier who served two one-year tours.

Nationally, about 18-20 million Americans use marijuana, according to the Drug Enforcement Administration. The National Organization for the Reform of Marijuana Laws (NORML) says the figure is more like 30-40 million, including the occasional user.

It is easy to gather misconceptions about marijuana's local presence when local authorities are vague in defining just what the area drug situation is. Margaret Boykin, director of the Bloomsburg University campus police, says "I won't say there is a drug problem, so don't quote me that I did."

Bloomsburg Police Chief Larry Smith says there is a drug problem in every area, but, "our problem is not as noticeable; it's more underground."

Bob, a 22-year-old Bloomsburg University senior says, "It's everywhere, as natural as smoking a cigarette or having a beer." Bob continues, "It's always been available but it seems that lately it's even easier to get because more people are willing to take the chance to bring it here."

According to Jennie Carpenter, interim vice-president of Student Life at Bloomsburg University, the university becomes "aware of drug usage through drug violations." Carpenter also won't say that a problem exists. Jeanie Kapsak, greek life coordinator, claims that there is no problem with marijuana within the social greek organizations.

But, if there is an abundance of drugs in this rural college town, then the immediate focus would have to fall on the university. According to some, the use of marijuana on campus is common. Yet from 1990 to 1993, there were only two drug arrests on the Bloomsburg University campus. One arrest occurred in 1990 and the other in 1992. However, this year, after *Spectrum* began its investigation, BU has already questioned several dorm students, citing four with possession of marijuana and drug paraphernalia, and two for possession of drug paraphernalia. According to Mike Kost, parole officer with the Columbia County Adult Probation Office, only three to five percent of adults on probation were arrested for marijuana charges. These figures do not reflect the usage of marijuana by university students, though.

"I remember living in the dorms and knowing a lot of people who would smoke pot in their rooms," says George, a 22-year-old BU senior and former dorm resident. "People would have homemade contraptions to get rid of the smoke so that they could smoke in peace. I knew one guy who would wait until 3 or 4 in the morning, and then just blow the smoke out into the hallway with an electric fan."

Tom, a 19-year-old BU freshman and current dorm resident, who admits selling at least two ounces of marijuana a week on his wing alone, says, "I would say that at least 50 percent of the people living in the dorms are smoking pot there. It's so easy;all you have to do is shove a wet towel under the door and blow the smoke out the window." Adds Tom, "another trick is to blow the smoke through an air freshener. It's easy and real effective for covering up the smell."

John, a 22-year-old BU senior, says "There are days when you can smell it while you're walking through certain parts of the campus."

"Where there are people, there is going to be drugs." says Robert Mattis, narcotics agent with the Bureau of Narcotics Investigation, Wilkes-Barre, who works with the Columbia County Drug Task Force. "There's no specific problem with Bloomsburg University as opposed to any other university," says Mattis, pointing out, "Colleges are no different than society."

Anna, a 44-year-old Bloomsburg resident who has smoked for over 20 years, says that marijuana use is prevalent in the Bloomsburg area, and is being used by professionals -- lawyers, doctors, professors, waitresses, and factory workers. Carrie, a 37-year-old musician who has smoked marijuana for 20 years, never has trouble getting it because "it's always available." Carrie doesn't worry about getting caught with marijuana "I worry more with alcohol." Jim, a 44-year-old long-haul trucker whose routes occasionally put him in Bloomsburg, says he used to smoke marijuana regularly. But January 1, 1990, he quit. "It was a new year, a new decade, and I was 40," he says, noting, "besides, that's when the company started doing random drug testing. It just wasn't worth it [for me to smoke] after that." However, Jim claims he knows a lot of independent truckers "who still get high," but that "even they aren't as much into it as they once were." Jim does admit popping amphetamines to stay awake while driving, but says "when you're not on weed or coke, you don't need as many reds."

According to Pennsylvania's drug laws, the first offense for possession of less than 30 grams of marijuana is a minimum 30 days in prison and a $500 fine. First offense

A Bloomsburg University student uses a water bong to smoke marijuana.

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The drug policy of Bloomsburg University states that a "student user will be subject to Disciplinary Probation, Level 2 (which includes community service), counseling and education." The policy further states that "a student provider will be automatically suspended for at least one year." In both cases, the student may be permanently evicted from university housing.

Marijuana Useage

What compels a person to take that first "hit"? "I had seen people smoking pot, but really didn't know what it was all about," offers Ron, a 25-year-old Bloomsburg University senior. "I saw the way they acted when they were high and it looked like a lot of fun. When I was ready to try it, one of my friends had some and smoked it with me." Ron continues, "I didn't even get high the first couple of times, but once I started getting a buzz, I realized that I really liked it." Carrie says she started smoking "because her friends did." She was also influenced by an older family member who smoked.

Another common influence to use marijuana is the thrill of taking an illegal drug. "The taboo aspect of smoking pot is part of the initial attraction,"says Ron. "When you're young and have rebellious tendencies, you look to do things to set yourself apart from the norms of society."

He says that smoking pot helped him open his mind to new ideas and take a less conservative look at the world. "I love pot like a woman," says Ron, "and when you love something that much, you become upset at the threat of its removal, so you tend to become more outspoken in your views." According to Carrie, she was always "open to trying all mind-altering drugs."

Marijuana is often referred to as a "gateway drug" because of its influence on people to use other drugs. However, different people have different views. Keith, a 19-year-old BU sophomore who has done everything from sniff glue to smoke crack, says that smoking pot did not have any effect on his decision to try other drugs. "I was doing coke before I ever even tried smoking pot," he says, pointing out "Any other drug I tried after that was just because I wanted to." He says "marijuana didn't influence me at all."

Ron, whose drug history is similar to Keith's, believes

marijuana use led him to experiment with other drugs because "even though I do other drugs of my own free will, my initial open mindedness to actually try other drugs was due to my experience with marijuana."

Carrie says "Someone willing to try pot is open to other drugs," but she believes that this doesn't make marijuana a "gateway" drug.

Drug Trafficking

Beyond the use of marijuana is the world of dealing and trafficking. Most may think of dealers as the sinister version offered by the media and film. To some, a dealer might drive a fast car, carry a weapon at all times, and have millions of dollars stashed in a hiding place. For some dealers, this may be true, but most, especially marijuana dealers, are just ordinary people who have an illegal habit.

"I knew a lot of people who needed pot, but couldn't get it," says Bill a 25-year-old graduate of Bloomsburg University who sold drugs to help pay his way through college. "I needed money and I figured, hey, I have a good market for selling, and I'm smart enough not to do anything stupid, I'll give it a try," he says.

Besides making money for school, Bill says that selling weed gave him a great credit rating. "I would max out $1,500-$2,000 cash advances on my credit card to buy the weed initially, and then pay off the entire balance right away after I sold everything."

Bill says, "things went well for about a year; I was making money, life was pretty good, but after that things got out of hand. I would go to my night class, and by the time I got home there would be ten or twelve messages from people who wanted some pot, some of whom I didn't even know." That, paired with the fact that his supplier in Philadelphia was catching heat from the cops, finally led him to retire.

"I LOVE POT LIKE A WOMAN . . ."

According to one dealer, the process of trafficking and dealing isn't as easy as one may believe. "I remember the first run I ever made to New York City," Dave says. "I was going in to meet a connection a friend made for me, so I could pick up several pounds to bring back to Bloomsburg. I was nervous and not too sure of what was going to happen, so I took my Beretta 9mm with me. When I got there, the dude, who was also armed, asked me if I was carrying a piece [a gun], so I told him 'yes'. This really made him angry, which in turn made me more nervous, and he asked me how he could trust me now. I asked him if he would have trusted me to be on the level if I hadn't been packing [a gun]. He agreed and we went on with the transaction."

Dave says, "On the way back I met my partner at a location that we had agreed on earlier, and switched everything into his car for the rest of the trip. When I look back, I guess I was pretty uptight about the whole thing."

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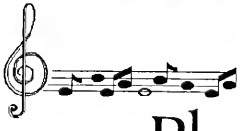
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Drug Education

In recent years, many anti-drug programs have been developed, preaching the evils of drug use and abuse. In the local high schools, different methods are taken to educate students. Danville Area School District offers drug education through its health classes in grades 6, 7, 10, and 11. Danville also has a state-mandated drug awareness unit, comprised of teachers, instructors, students, nurse and administration. According to Carl Marrara, Danville High School guidance counselor, the program is designed to "identify students who are using drugs and intervene with them." The program has been successful, intervening several times with students. At Central Columbia High School, drug education occurs through each grade level, says Michael Currey, guidance counselor. According to Jennie Carpenter, interim vice-president of Student Life at Bloomsburg University, "The university does a lot of programming with freshmen and residents."

Marijuana Legalization

The issue of marijuana legalization is a topic of national debate, and the pro-marijuana movement is growing. One of the organizations committed to legalization is the National Organization for the Reform of Marijuana Laws, founded in 1970. According to its bylaws, NORML serves the public by "providing facts about marijuana and opposing extreme measures taken to enforce marijuana laws." NORML believes that with the proper control, marijuana could be used for medicinal, commercial, and private uses. According to the medial advisors ofNORML, marijuana reduces nausea in chemotherapy patients, helps induce hunger for AIDS sufferers, calms spastic problems in multiple sclerosis patients restoring muscle control, and helps glaucoma sufferers retain their vision.

According to NORML, marijuana "was cultivated for thousands of years as a source of food, fiber, fuel and medicine without any reports of 'reefer madness' and cultivation for paper will reduce deforestation while its other benefits will greatly benefit American agriculture and industry."

NORML believes people should have the right to grow their own plants for personal use, but not to become a dealer.

Some believe that the harm of marijuana is blown out of proportion by those who oppose its use. Anna

believes "use of marijuana by adolescents should be discouraged, as well as the use of any drug, including alcohol and tobacco products, but once they are adults, it is their own decision."

Carrie, who believes that current anti-drug programs are negative, says "drug education should be started early and should present an objective view to drug usage." Carrie believes that legalization of marijuana "won't do a thing." She says, "if marijuana is legalized you would have to give the full history of pot and its use in other cultures and countries, like use by the Indians and use for religious purposes."

One of the main reasons for marijuana legalization is the beneficial uses of the plant. Marijuana, a member of the cannabis sativa family, has been used for thousands of years as a source of fiber, food, medicine and fuel. Marijuana, or hemp, can be cultivated in just about any climate zone. The stem of the plant can be used to make paper, clothing, rope and canvas; it was grown for its fiber by American farmers during World War II, under government sanction, even though marijuana was outlawed in 1937. During World War II, it was used to produce rope, engine oil, and parachute webbing.

Historically, hemp has been used to produce linen and art canvas. Hemp canvas was used for the paintings of Rembrant and Van Gogh. Hemp fiber was also used to produce the clothing that was worn by George Washington's troops at Valley Forge in 1776. Hemp was used to produce the first Levi pants because of its durability. Linen from hemp was also used by Betsy Ross to make the first United States flag.

Paper containing hemp was instrumental in the colonial press. It allowed for the production of paper without the permission from England.

But are the marijuana benefits enough for the revocation of its prohibition? Perhaps the answer is beyond the limits of a small town. Today, marijuana is a part of mainstream fashion; the leaf appearing on everything from baseball caps to jewelry. The lyrics of popular songs immortalize the drug trade and help keep the pro-marijuana movement alive.

Even with education and laws prohibiting the use of marijuana, it is still present in all areas of society. With the formation of pro-marijuana groups, the battle of marijuana legalization and usage still rages, even in the heart of a small, rural community. As long as citizens and public officials of the area deny the existence of marijuana usage, the underground problem will continue to grow until it can no longer be ignored. S

EDITOR'S NOTE: "Growing Like a Weed" *focuses solely upon marijuana usage in Columbia and Montour counties. It does not look at usage of other illegal substances.Names of users and dealers are fictitious to protect their identities. All other information has been verified and is accurate.*

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The Plastic IMPACT

Bloomsburg company hammers its way into the global village

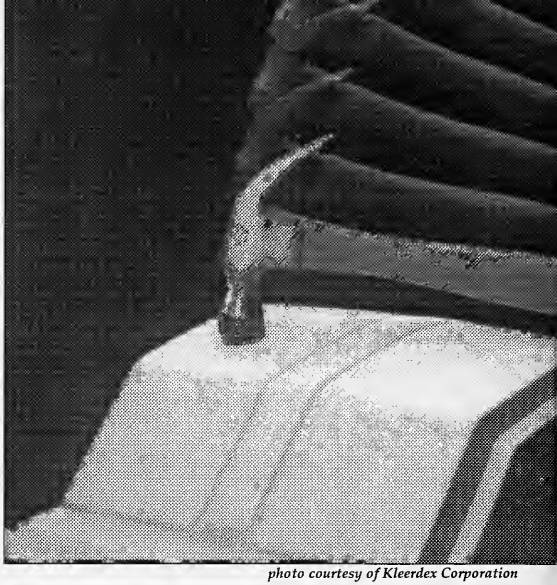

photo courtesy of Kleerdex Corporation

by Neil Dolan

It's small, dynamic, competitive, worldwide–and local. One area business manufactures a product that is used in almost everyone's lives. This product eventually becomes the plastic used to create household trash cans, automobile dashboards, and seats and trays used in airplanes and hospital equipment.

The Kleerdex Corp., Bloomsburg, manufactures KYDEX thermoplastic sheeting products that are used by a variety of manufacturing industries. The company doesn't deal with the general public and doesn't manufacture any of the final products. However, it's through thermoplastic sheeting that many final products originate.

Some of the industries that use KYDEX include manufacturers of industrial, commercial consumer, and medical product components, and aerospace technology. The end products cover a wide range of goods that can be found almost anywhere, from air ducts, armrests, and bulkheads in airplanes and mass transit to a variety of products used in the home and industry.

The company moved to Bloomsburg from Philadelphia in 1990, according to James Medalie, technical director for Kleerdex. Since it began production, it has built a clientele that spans the globe.

From the outside, one might believe the building is just another warehouse, but once inside visitors find a modern, highly competitive, manufacturing operation.

The sheeting is the result of resins and polymers, mixed and then heated to form the plastic sheeting. The thermoplastic sheeting comes in nine standard grades and over 200 colors. It also comes in various thicknesses and textures. Thickness sizes range from thirty-thousandths of an inch to one-quarter of an inch thick. Specifications of the different sheeting products are designed to resist heat, chemicals, weather, high impact, and are flame retardant. Special colors can be developed for customers, according to Medalie.

One of the first things that attracts visitors' attention while touring the facility is how clean the interior is for a manufacturing plant. Most of the material is powder, shipped into the warehouse in 50-2,000 pound sacks, and in bulk railroad cars. The larger sacks allow for less down-time when the sheeting is being manufactured, Medalie said. A machine lifts the large sacks to a hopper and then cuts open the bottom, releasing the powder into the production line.

While you might call clean warehouse and production areas remarkable with this type of operation, the company is exceptional in other areas as well.

It is one of the few companies that have achieved an ISO 9000 rating. The ISO rating is an internationally recognized standard of manufacture which allows a company to test its products while in production. If the product meets these tough international standards, consumers can purchase the products knowing that it will meet all of their own requirements, according to Matt Leiphart, ISO 9000 team implementation leader.

"Up to seventy percent of the companies trying for certification fail on the first attempt," says Leiphart, adding, "we made certification on the first try."

Leiphart started with the company after graduating from Bucknell University in 1992. "I became interested in polymers while at college," he says. The thought of working with polymers aided his decision to join the

company, although, he says, his first job assignment was not quite what he expected. "One of the first projects I worked on was the certification," says Leiphart. "It was exciting to be given such an important project and to see it through to the end," he said.

It takes three people to produce a finished product, one on the feeder, one on the extruder which turns the powder and resin into the sheeting, and one as the inspector/packer. Once a production run begins, it is controlled through the use of computerized equipment. Mixing machines combine the raw powder and resins along with the coloring agents in exact measurements. Some customers have colors only they can use, says Medalie. There can be two or three of these customer-matched colors used a day, he adds.

"THIS IDEAL DEMONSTRATES A COMMITMENT TO THE CUSTOMER"

Before it reaches the machinery where it is pressed, formed and textured into a finished sheet, it has to be heated and monitored to assure a consistent thickness. As it is extruded, it can be textured when the order calls for it and checked for any defects. The production runs can be changed every 45 minutes, according to Medalie.

As it rolls off the press, it is then measured and cut to the exact sheet size dimension. During this operation, any excess material is trimmed and sent back to be recycled and reused. Most of the manufactured excess is recycled, according to Medalie. The company also recycles some of its customers' unused products, where it is turned into sheeting again, Medalie says.

After it is cut, it moves to the final inspection and packing. The entire manufacturing process is closely monitored. The company believes that quality is an important factor in making an exceptional product. "All of the manufacturing goes through quality controls through every step of the process. If a product does not meet the tough standards, it is not allowed on the market," Medalie says. "This ideal demonstrates a commitment to the customer," says Medalie.

"Each product run is also tested for its ability to be vacuum and pressure formed," Medalie adds. "This test is similar to the manufacturing process many of our customers use to create their final products," he says.

There are three basic product areas on which the company concentrates. One is for high use areas, such as warehouse loading docks, or any area that has a lot of heavy traffic. Another is where there is a requirement for general thermal forming, with products that can be used to make household utensils to outside fish ponds. The final area is for use in mass transportation for the plastic used in seating on buses or airplanes, trays and plane interiors.

Although the company is always developing new products, ideas for

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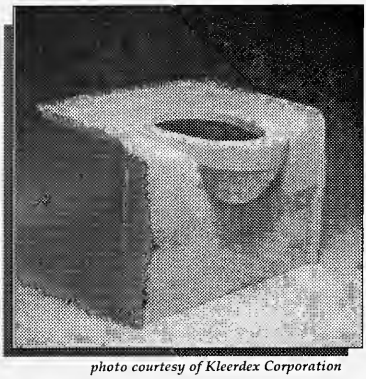

photo courtesy of Kleerdex Corporation

This airplane toilet seat is one of many finished products that uses plastic from Kleerdex Corporation.

them can come from the customers themselves. The plant is designed to use the latest technology.

Kleerdex has a laboratory that helps develop new products and can produce them on a smaller scale than those products produced on the manufacturing floor. With the help of computers, lab workers can make and test various products that customers require. The lab can also match up colors and textures, and send the samples out to customers for final approval. Color matches can be achieved through the use of a computer scanner that can match the color then reproduce it.

Both Medalie and Leiphart believe a key component to the company's success is the attitude of its employees. "We take suggestions from our employees and put them to use," says Leiphart. He gives the example of a suggestion of one employee on the production line who suggested a better communication system between the operators on the line. "It was a simple request which helped improve our overall operation," he says.

The use of new technologies, employee input, and dedication to the quality of its products, helps to keep Kleerdex in the forefront of the plastics industry. "There is always some new challenge that helps to keep it interesting" says Leiphart. S

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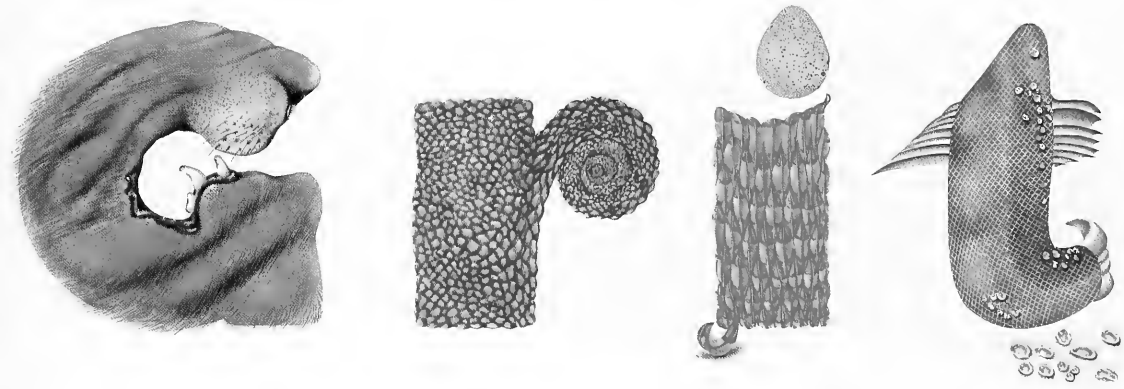

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photo by Lisa Subers

Dave Boyd works on a design for one of Bloomsburg Carpet Industries' unique, high-quality woven carpets.

Quality Woven In

Bloomsburg Carpet's Unique Craftsmanship

by Matt Steinruck

You walk into an exquisite hotel, and gaze at the looming architectural forms in the lobby, the polished brass, the gold trim, the rich paintings on the walls, and the carpet.

The carpet? We walk on carpets; we don't admire them. We take them for granted, but Bloomsburg Carpet Industries takes it seriously. And it's a good thing it does, because it's one of only a handful of companies in the country that produce woven carpet.

Woven carpet is a high-end commercial carpet with intricate design possibilities. Marty Bowman, vice-president of Bloomsburg Carpet, explains that woven carpet is made from wool on a loom. There are three main types of woven carpet—Axminster, Wilton, and Velvet—differing in the type of weave used to make the carpet. The back of the carpet, or backing yarn, is woven in one unit with the front of the carpet, or face yarn, showing.

In contrast, the most common type of carpeting is "tufted." Bowman says tufted carpet is produced on a "glorified sewing machine" that forces hundreds of piles, or tufts, of yarn through a prefabricated primary backing, which is then applied to a latex secondary backing. "It's a much faster production style," says Bowman, which allows tufted carpet to fulfill the demand for average-use, residential carpet.

Bloomsburg Carpet has been producing woven carpet since 1976. Prior to that, it was manufactured by Magee Industries, but when Magee stopped the weaving process in favor of tufting automobile carpet, twelve employees who felt strongly about keeping the industry in the area purchased a few of the looms, hired some employees that Magee had laid off, and began the carpet company that now employs over 200 people.

Bowman says that "years ago, a lot of homes didn't have carpet," but the tufted style "created a change in the way people look at carpet." Since the mass-style production of tufted carpet has greatly appealed to the cost-oriented commercial mind of the United States, the demand for the traditional woven carpet has dropped. Consequently, so has the number of companies producing it, adding to the quality and uniqueness of Bloomsburg Carpet Industry. Bowman says only three other companies on the east coast—two in Philadelphia and one in South Carolina—produce the high quality carpet. Woven carpet is more popular in England, however, where industries tend to opt for the "old fashioned" style over mass production. Bowman says many of the parts for the company's machinery come from England, as well as some of the looms themselves.

One of the more unique features of woven carpet is its ability to be designed. Bloomsburg Carpet uses APSO, a computer design program from England. The program, which runs off an Amiga computer, is used specifically for woven carpet designs. It is capable of designing up to 15 square feet of carpet at a time. The design process begins when the customer develops a preliminary design idea, "anything from a hand drawn sketch to wall paper samples," explains design engineer Dave Boyd. The idea is then enlarged or reduced as necessary on an opaque projector. The sized design is traced onto a piece of graph paper. Each square on the grid represents a pile of yarn in the finished carpet.

The graph paper is then placed in front of the computer, which displays a similar grid on the screen. The designer uses a computer mouse to digitally transfer the image from the paper to the computer screen. When completed, a color print of the design is sent to the customer for approval. Once the customer approves the carpet's design, it is taken to a different computer which produces heavy paper cards used by the looms to weave the carpet. These cards are punched with lines of small holes according to the computer design. The wires in the looms run through the holes in the cards, controlling the application of the colored yarn into the carpet. The result is a fine, high quality

carpet with an intricate, multi-colored design.

Bowman says the productivity level at the plant varies, but on average, it produce about 13-15,000 square yards of carpet each week. Where does it all go? A carpet sample displayed in the company's waiting room provides a good example of one of Bloomsburg Carpet's more impressive clients. The full scale version of the sample is on the floor of the U.S. House of Representatives. It can be seen when the President gives the State of the Union address each year. The company has also produced carpet for many state capitol buildings including those in Rhode Island, California, Texas, and Pennsylvania. "We've done Pennsylvania's capitol within the last year," he says.

Several high-class hotels have requested the Industry's carpet, including the Waldorf-Astoria and the Sherri Netherland Hotel in New York City, as well as several Mariott and Hilton hotels. Bowman said the carpet is also at airports in Miami, Orlando, Tampa, Palm Beach, and Norfolk. Interestingly, airplane manufacturers have also requested woven carpet because of its weight and low flammability.

Much of the carpet the Industry manufactures ends up in metropolitan residential homes. Bowman says Wilton carpet is sold to "decorative supply" companies which sell only to interior decorators. From here, it is placed into the customers' home. Bloomsburg Carpet does not install any of the carpet it produces. "We only manufacture it," says Bowman. "After that, it's the buyer's responsibility."

The woven carpet retails between $30 and $100 per square yard, depending on the style and design of the carpet, as opposed to tufted, which Bowman says sells for $15 to $20 per square yard.

So the next time you're checking into your favorite classy hotel or touring our state's capitol, admire the paintings, the gold trim and the architecture, but remember to check out the carpet. The chances are it's more unique than you might think. S

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A LEAP OF FAITH

text by Dan McGonigal

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You're two miles above the ground. It's too late to turn back, so you listen to the orders that will send you towards the ground at nearly 125 mph. After a 20 second freefall, it's time to pull the ripcord and enjoy a five-minute drift under the safety of a parachute . . .

photo by Mike McGowan

"The only thing is, when you leave the airplane you could be dead," says Don Kellner, president of the Northeastern Pennsylvania Ripcords Club. He adds that after almost 30 years of skydiving he still gets scared before each jump. With over 20,000 jumps, Kellner, a resident of Sugarloaf Twp., is in the *Guiness Book of World Records* for the most jumps by anyone in the world.

His first jump in 1961, which started out as "something out of the ordinary" and "fun" for Kellner, has turned into a way of life, for the Conyngham native. Besides his full time job as a carpenter, "skydiving is my life," says Kellner.

However, Kellner's most serious and memorable jump was with his wife, Darlene, on July 7, 1990; it was their wedding day. The freefall wedding 'landed' the couple on NBC's "Eyewitness Video" on Valentine's Day 1993.

Kellner says freefalling is "as close as you can get to flying." "When you are falling you can have a forward speed of over 30 mph, and 125 mph downward speed—that's moving." He also adds, "Parachutes are like airplanes; you have to fly and control them; if you don't you're in trouble."

After they began jumping together in 1963, he and his friend Dave Price started a partnership that turned into the Northeastern Pennsylvania Ripcords, operating out of the Hazleton Airport. The club began in 1966 when Kellner and Price bought a plane and skydiving equipment.

"We both used to fly and we both used to jump," says Kellner. Then one day in 1968 the pair agreed Price would do all the flying and Kellner would do all the jumping. Today, the club is one of the oldest in the country, says Kellner.

"IT'S AS CLOSE AS YOU CAN GET TO FLYING."

Kellner's highest jump was from 18,500 feet; the usual and beginning height is about 12,000. He has never attempted a base jump, which is a jump from something attached to the ground, such as a bridge, building, or mountain. According to Kellner, base jumps are too risky; the decreased height cuts down the time you have to react and to make any corrections if anything goes wrong.

Since skydiving began as a sport in 1958, safety has been a major concern, but it can be a relatively safe sport if all the right precautions are taken, according to Kellner.

One such precaution, the "tandem jump," is a federally regulated procedure when a person is attached to an experienced skydiver (500 jumps or more) to assure that all goes well during the jump. First time jumpers are required, by Kellner, to jump tandem and also undergo some on-ground training so each person knows what to expect and how to deal with any problems, says Kellner.

He points out that those who can't handle the mental pressure also have the option of jumping tandem. Kellner said one man in his 70's requests the tandem jump because he

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photo by Darlene Kellner

Near Hazleton, Don Kellner makes one of his record-setting 20,000 jumps.

can't handle it on his own, despite the fact that he has jumped several times.

In 1993, 140,000 people made 2.6 million jumps, with only 41 fatalities, up from 27 in 1992, according to Arlene Richmond of the United States Parachute Association (USPA). That is one fatality for every 63,415 jumps.

"Skydiving is one of the safest things there is to do," believes Kellner, despite the fact he still gets nervous before each jump. "When somebody gets killed [while skydiving] it goes nationwide," he says, "the media stresses them because they're different or unusual." Kellner stresses that his club has a 100 percent safety record. However, each jumper is required to sign an Agreement and Release of Liability Form, he adds.

Safety precautions and certification is followed to the standards of the USPA, as well as government regulations. "Skydiving is pretty much self-regulated," says Darlene Kellner, who has also jumped over 5,000 times. She says, "We do have some government regulations to follow, but the government basically says 'don't hurt the public and regulate yourselves so we don't have to,' and we like it that way," she adds. Don Kellner, however, points out that the pilots are strongly regulated by the government.

Kellner adds that skydiving is not for everyone. First of all you have to be at least 18 years old to sign the consent form and weigh less than 200 pounds due to the safety limitations of the parachute.

Kellner says the price also regulates who can jump and who cannot. The $165 for the first jump eliminates most of those interested. At $4,000, buying your own equipment is out of the question for most people, but if you can afford your own equipment, skydiving becomes very inexpensive; the costs is $1 per thousand feet in elevation and $3 to get in the plane. So if you wanted to jump at 7,000 feet, the cost would only be $10 with your own equipment.

However, Kellner believes the price attracts a "higher class" because he says, they are the only ones who can afford it. He also believes that you must have a certain mental capacity to handle the pressure of skydiving. "The IQ of a skydiver is higher than in any sport there is," Kellner claims, "because it is so expensive, the only way to afford it is to have a good job, to get a good job you usually have to have a good education."

"In order to jump out of an airplane," says Darlene Kellner, "you have to overcome a fear that you are born with, a fear of falling." She also points out that the sport is mostly men, only about 25 percent of first time jumpers are women, and only 13 percent of experienced jumpers are women. Although she is not sure why most women don't stick with the sport, she believes it might have something to do with their maternal instincts.

"You can't be talked into it, you have to be born to do it," says Don Kellner. "It takes the stress off the everyday job; no one could possibly think about their job when they are jumping out of an airplane," adds Kellner.

Darlene Kellner says, "If people say they want to do it, they should do it. If they wait, they might never get around to doing it." She adds, "We have had people 40 and 50 years old say 'I've been wanting to do this for 20 years.'"

Skydiving is no doubt a big risk but, with the right precautions and proper instructions, it can be very safe and fun. However, the danger of defying gravity seems to be the attraction and excitement behind the sport. S

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THE BLOOMSBURG EXIT

Columbia County's On-Ramp to the Information "Superhighway"

by Lisa Subers

The Town of Bloomsburg will "survive," says Gerald Depo, town secretary, even if the "electronic superhighway," bypasses the rural Columbia County community. However, plans have been underway since November 1985 to direct the "superhighway," or telecommunications infrastructure, to the heart of "the only town in Pennsylvania."

"Bloomsburg has a culture about innovation," says Depo. In the past, the town has implemented several popular programs, including mandatory recycling, the Main Street program, and a daycare service, all of which preceded statewide adoption by many years.

Keeping with tradition, representatives of the town began investigating the concept of the "superhighway," which combines voice, video, and data processes, several years before telecommunication infrastructure was considered important.

A telecommunications infrastructure will enable the region to take part in several two-way interactive media links, such as "24 Hour City Hall," Medical Link Network, Library Community Multi-Media Resource Center, and an upgrade for the Bloomsburg Area School District system (see sidebar). These informational programs will help keep Bloomsburg up-to-date with the rest of the world.

About eight years ago, Bloomsburg Town Council invited more than 90 town residents to take part in a Strategic Management Planning Process to discuss the goals and framework of the community. "Back in those days," says Depo, "we were absolutely a lone voice." At the retreat, residents expressed concern about the need for telecommunication technology and suggested the need for an organization to further investigate the beneficial applications of a Rural Area Network, or RAN.

In November 1993, The Bloomsburg Telecommunications Consortium for Columbia County and Region, Inc., was constituted to "explore the role that telecommunication networks and services can play in rural communities through the implementation of a Rural Area Network," according to its original proposal.

Several interest groups, including Bloomsburg University's Internet system, have been using telecommunications independently for years, says Dr. Michael Vavrek, dean of extended programs at Bloomsburg University and president of the Consortium, adding that the role of the Consortium is to enable more organizations to get greater benefits from a cooperative manner.

"WE DON'T WANT TO BE A FORGOTTEN AREA."

According to Laurel Thomas, telecommunications consultant for the Consortium, Bloomsburg has "been identified as a key community in the nation that is looking at these issues and, therefore, the Department of Commerce is considering the work of the Consortium as a model for other rural communities to evaluate." The Consortium was recently granted money from the United States Department of Commerce and the Economic Development Agency for a communication infrastructure, says Thomas.

In order to create a united voice, the Consortium, which consists of influential organizations in the region, including Bloomsburg University, Bloomsburg Town Council, and Geisinger Medical Center, have combined their resources to make the network more efficient, as far as costs and benefits are concerned.

Also involved are the Bloomsburg School District, the Area Agency on Aging, the Bloomsburg Public Library, the County Court House, the Bloomsburg Hospital, the Magee Center, the County Jail, and the Home Health Visiting Nurse Association. Any individuals interested in becoming members can show up at the meetings, adds Vavrek. Meetings are held every fourth Wednesday of the month, 7:15 a.m. , at the Magee Center.

"There are some efficiencies through a consortial partnership," says Depo. Together, the organizations can "aggregate a demand" for the network that will ultimately assist them to achieve their individual future objectives, as well as goals for the community as a whole. Depo believes the organizations could not afford the communication technology without the assistance of other organizations.

Vavrek says the philosophy underlying the Consortium is that people can do more collectively than individually. He stresses that telecommunication infrastructure enables us to think and live regionally. "The members of the Consortium," he adds, "have come together in the spirit of regionalism."

"What we were attempting to do is use telecommunications to enhance existing businesses," says Depo, "but

also use it as a way of bringing business into Bloomsburg."

Thomas adds that people experienced with the advantages of the infrastructure want to have communication opportunities before they come to Bloomsburg. Prospective businesses will only settle in towns that have strong school systems, hospitals, and libraries, says Depo, which is an important reason to implement a telecommunications plan.

The Consortium's telecommunications strategy abstract concluded that rural communities "physically well-positioned with access to transportation systems and heavily dependent upon manufacturing for its economic health" could suffer "stagnation" without a modern telecommunications network.

According to the Proposal for a Rural Area Network compiled by the Consortium, "the goal of the Consortium is to offer and support the development of new products, services, processes, and enterprises that will add value to farming, local business, industry, education, medical and government services in the Columbia County Region."

Depo adds, "Quite frankly, if communities like Bloomsburg don't organize and look at this, we're going to be the 'have nots.'" He believes the current pathway of the "superhighway," is traveling away from rural areas and towards suburban American towns, whose economic conditions and market trends are attractive to telecommunication providers.

Thomas says, "We do not want to be a forgotten area," so the Consortium is encouraging public telephone companies and other information service providers to upgrade areas like Bloomsburg in their modernization plan. Rural areas need the telephone companies to lay fiber optic information transferring cables to remain competitive with urban and suburban locations.

In rural areas, such as Bloomsburg, where the population is only 12,500 year-round residents, Depo says there is much speculation if the infrastructure would naturally occur without the town making a special initiative. In the less densely populated areas, there is

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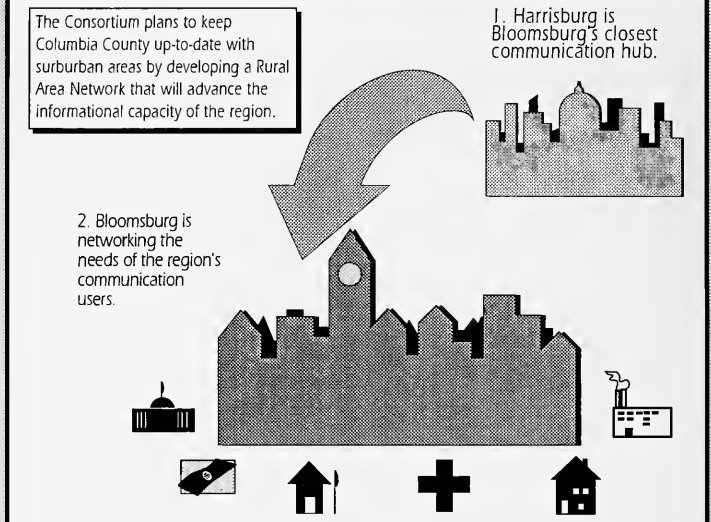

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not as much money to develop the technology.

"The Consortium's primary focus," says Thomas, "is not to own a network," but rather to donate as little money as possible. Funding, which is dependent upon the specific services the individual groups within the Consortium want to use, is the responsibility of each organization. The Consortium is a non-profit organization.

Without initiative, Depo adds, small communities would eventually be affected, but the problem is the rapid pace at which technology progresses. "It's moving so rapidly," he says, "that if you don't get it at a very close to the time people get it in the [suburban] areas, because they have the economic wealth with all the density, [rural] communities are going to have a hard time competing."

According to Thomas, "if you are going to be able to compete, sooner or later you are going to have to use what is considered state-of-the-art."

"What we're struggling with now is how to transform, how to operationalize that philosophy [of regionalism] into applications of telecommunications," says Vavrek. The Consortium is trying to advise communities and organizations how they can be prepared to take advantage of telecommunication opportunities and how they can prepare for the changes that are coming, adds Thomas.

According to Depo, "It isn't a matter, that [telecommunications] is somewhere out there in the future, it's here now." Currently, Columbia County and the region is at an "intermediate step," says Depo, where it is evaluating the needs of organizations in the area. It is not at the point yet, where the technology would go directly into the residents homes, however, Depo believes that eventually it will.

Bloomsburg is initiating a plan that will secure a prosperous future. Not just the future of the town alone, but the future of major organizations in the region as well as the local residents. The "only Town in Pennsylvania" is determined not to be forgotten in an information base society. S

In Addition . . .

There are several primary projects that make up the core of plans for the Consortium:

. The "24 Hour City Hall" Concept of Government Access Kiosks to provide enhanced government services to the public.

. Cable Access Television facilities to provide Public, Education and Government Access Television Programming to the RAN.

. A Library Community Multi-Media Resource Center that serves both the public and the business community with on-line and multi-media research and production services.

. A "Community Services Workstation" Network to implement shared local, county, state and federal social services.

5. A Medical Link Network for rural health care delivery to the elderly and homebound populations.

6. Connection of the County Offices, School Districts and the Vo-Tech School to the SSHE Network, with access to PAnet, PREPnet and Internet.

7. Facilitate the community movement to cable franchise in Bloomsburg as a means of obtaining the PEG channels needed to implement the vision in project #4.

8. Provide connectivity for the Rural PA Arts Network between each of the seventeen counties in Northeast Pennsylvania, to provide on-line arts database services.

9. Obtain a second ITFS tower for the upper campus of Bloomsburg University enabling transmission of television signals to remote schools in the County.

10. Upgrade the Bloomsburg Area Schools with fiber optic links between each school.

11. Extend the RAN to link all six school districts within the County.

"Information from "The Bloomsburg Telecommunications Consortium For Columbia County and Region's Proposal for a Rural Area Network."

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A Family Affair

by John A. Michaels

John, John Paul, Lisa Marie, and Nancy Manetta have made trapshooting a family past time.

photo by Lisa Subers

Trapshooting has become a family affair for the Manettas of Berwick. What began as a hobby for John Manetta while he was stationed in the Philippines with the U.S. Navy in 1974 has turned into a passion of competition not only for him, but also his wife, Nancy; and their children, John Paul and Lisa Marie.

While trapshooting and skeet are similar in nature, where shooters aim at "flying" clay targets, they differ in the style of shooting. In skeet, "birds" are released from towers on either side of the shooter, whose stations are almost adjacent to each tower. In trap, shooters are standing at least 16 yards behind a trap, from which the targets are released.

"I LIKE TO WIN, NO MATTER WHAT, WHEN, OR HOW."

Although Lisa, 12, doesn't shoot in championship events, she still keeps active at ranges in North Berwick and Orangeville. Meanwhile, John and Nancy, both 39, and John Paul, 14, participate in top-notch events throughout the country.

How successful are they? John has won titles in Florida, Maryland, New Jersey, New York, and Nevada; and Nancy has won several times, including twice in New York last year. John Paul, shooting at Sub-Junior (under 15), has started to improve his performances, winning three titles in Florida in 1993.

John Manetta started competitive shooting on a full-time basis in 1975 after talking to Irv Horne, a longtime shooter from Berwick, at the North Berwick range.

"I went to my first ATA [American Trapshooting Association] competition one weekend and have been shooting ever since," John says. "I like to win, no matter what, when or how."

Despite all his success, he has yet to win a title in Pennsylvania. But, he's been close. "I've been second twice," he says. Once was to Frank Little, "perhaps the best trapshooter ever. He was a real competitor; everybody wants to be like him."

Manetta says one of his biggest goals is to win a state title in Pennsylvania. "It's tough because there are a lot of good competitors here," Manetta says.

John Manetta learned about competing from his father, Dan, who trained bird dogs and competed on local, state and national levels. "He had some of the best bird dogs in the world and won national titles with them," Manetta says, "We used to do a lot of hunting together."

From the backwoods in the Berwick area and a shooting range on a military base in the Philippines, Manetta has made himself one of the top shooters in the nation. It took a lot of hard work — and concentration.

"Eighty-five to 90 percent of your success depends on concentrating on what you're doing when you're on the firing line," says Manetta. "You have to be able to shut everything out — any noise or distractions. The game is so mental, it's unbelievable. You have to know you can do it before you can think you can do it."

How does he shut out the world around him? "I use a radio with a tape player when I'm shooting to get rid of all the noise. I like low-keyed music from the '70s,'" Manetta says, "I'll get cassettes with 20 different artists and songs and use them to help myself concentrate better and get rid of the background noise."

"I've had some good scores, especially in the last year or so since I've started using the music," he says with a smile. "I don't use it for singles or doubles, but use it a lot for handicapped because you're back so far (on the firing range) and closer to the crowd. It seems to help."

In trapshooting, only one type of competition is held at each station. It's either singles (one target); doubles (two targets released simultaneously, or handicapped (shooting at distances from 19 to 27 yards away from the release trap). In skeet, shooters may compete at singles or doubles at each station. After finding peace of mind on the firing line, he's begun coaching his wife.

"My wife is really coming along, especially over the last two years," Manetta says, noting, "She's really been listening to me; before, when I said something, it went in one ear and out the other."

"At first, she didn't want to listen because she thought you had to play 10 or 20 years before you're successful. Now, if I get her mad, she really shoots good. I know how to light her fuse," he says.

Nancy, who credits her husband of 21 years for recent successes, says John first got her interested in shooting.

"My father never owned a gun and when we first started dating, we used to go out into the woods and throw things and shoot at them," she says. "I've started listening to John a little more and have been doing well."

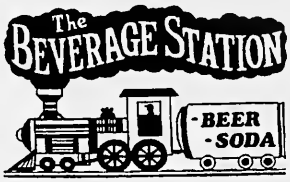
So well, in fact, that she's moved up a couple of categories — from Class D to Class B. Class D is a level for competitors who are just starting to perfect their abilities. Class AA is the top classification.

Nancy can provide necessary tidbits of information if she sees a flaw in John's shooting. "She can pick up when I'm doing something wrong and will tell me about it," John says. "It's tough sometimes at big tournaments when you have a bad day, but we can talk to each other about what we're doing wrong and try to not to get on each other's nerves."

Major tournaments for the family didn't begin until May, but the Manettas have had to go to a form of spring training each year, similar to professional baseball players who work out in Florida or Arizona in the spring.

"The Florida State Championships (held in early April) gave us a chance to work out the kinks," Manetta says. "Shooters in the northeast are at a disadvantage going in because we've been unable to get out and practice. And, unlike those in Florida who wear T-shirts when they shoot, we have to wear heavy jackets to keep warm."

But, he's had a lot of success in the Sunshine State and is hoping this year's visit will be the springboard to bigger and better things — like a state championship this summer at Elysburg. S



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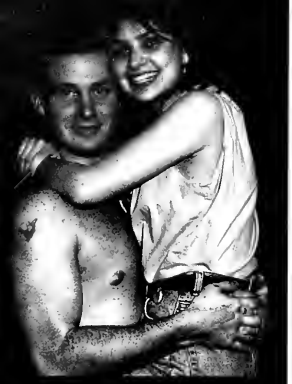
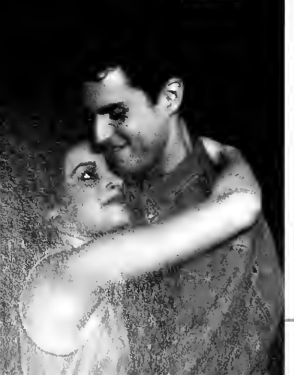




Relationships

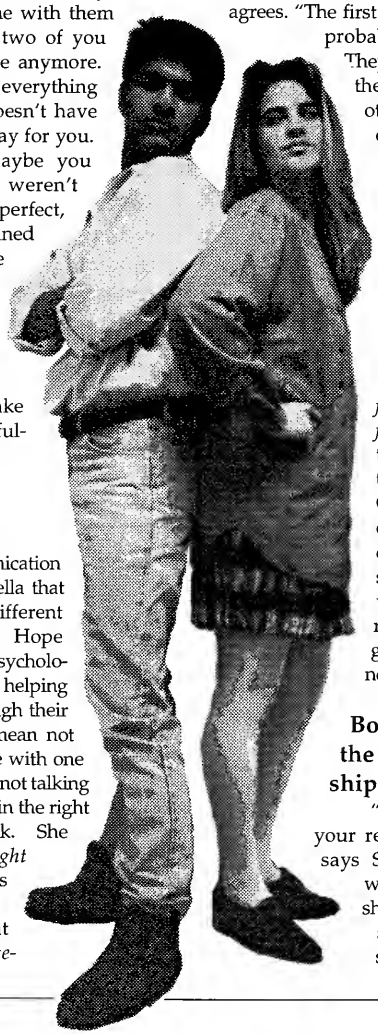
Relighting the Flame

by Felipe Suarez

Maybe it used to be "cute" that your boyfriend didn't know how to use the washing machine, but now it's just an irritation. He knows that if he looks like he doesn't know how to use it, you'll do it for him.

You may have been flattered at first when she wanted you to meet and get along with her friends. But lately, it seems she spends more time with them than with you. The two of you never get to be alone anymore. He expects you to do everything for him. She just doesn't have enough time in the day for you.

All right, so maybe you realized things weren't always going to be perfect, but you never imagined they would be like this. The spark is dim and you constantly fight. If your romance is fading, the following are do's and don'ts to make your love life more fulfilling.



It is important to communicate

"Lack of communication is probably the umbrella that can mean many different things," says Dr. Hope Chellak, a Forty Fort psychologist who specializes in helping couples to work through their difficulties. "It can mean not spending enough time with one another or it can mean not talking about the right things in the right way," says Chellak. She explains, "The *'right way'* is a way that gets each member of a couple close to what they want. *'I statements'*—statements that begin with *'I'* rather than *'you.' 'You always,'* or *'you never'*—makes people feel defensive."

'I feel this way when this happens' is the kind of communication that allows a response that hopefully gets the person what he or she wants, she says.

Dr. Connie Schick, social psychologist and professor at Bloomsburg University, agrees. "The first problem with any couple is probably poor communication. They may talk to each other but they don't understand each other, or they may not talk to each other at all," she says.

Chellak suggests spending five minutes during the day talking about "not what happened during the day but how they felt about what happened." The conversation may be about the relationship or about anything. *'I really liked it when' . . . 'It hurt my feelings when' . . .'It made me feel good when'* . . . These are the kinds of communication that don't take place," says Chellak. If the couple notices each other and communicates what they would like to see more of, the relationship will get better. The end result is to help each person get in touch with their partner's feelings.

Boredom does not mean the end of the relationship

"Instead of trying to make your relationship more exciting," says Schick, "try to investigate why you think your relationship is boring." The relationship may be fine but a person's expectations may make

the relationship seem boring, she says. What may be missing is the "rush." The rush is the sense of happiness, good feelings, and emotions that are present when people first meet and fall in love. The rush eventually goes away and when it does, people think they're not in love anymore, according to Schick.

"That's what a lot of people report as boredom," she says. "In most relationships, that rush is not an important part of the relationship. Most people assume they're not going to have that rush for the rest of their lives." Other aspects, such as trust and friendship, must develop if the relationship is to grow. Try new experiences, change your routine, or try something different to enhance your relationship.

Fantasizing is not necessarily good for relationships, but it is not always bad

A shared fantasy for a better future together is fine for the couple but when the fantasy turns to unrealistic expectations, trouble follows. "If your fantasy is that somebody is something that he or she isn't," says Schick, "it's not going to help it. It's not fair to the individual to have expectations that are not real."

Chellak also sees this as an obstacle to overcome. s"When people fall in love with each other, they experience a romantic view of their partner, and it's a good thing that phase of a relationship takes place or people might not get together at all," she says. "What happens over time is that the romantic view is intruded upon by a more realistic view. Unfortunately, the romantic view is a very harsh standard to live up to."

It is better to accept your partner and to give him or her a chance to be who he or she is. Look for the good qualities and enjoy them; do not emphasize bad qualities, says the relationship counselors.

Don't compare him or her with ex-lovers

"People really hate to be compared with other people," says Schick. "Even people who aren't jealous just don't want to hear about it." It is not only unwise to bring up good points of an ex-lover but especially don't mention his or her bad points. This is a sure fire way to start a lover's quarrel.

You can't change another person, so don't try

"It's hard enough to change yourself," says Schick. "I usually ask people to reflect upon how difficult it is to change themselves. *'Did you make a new year's resolution?' 'Did you carry it out?' 'How long did it last?'*" asks Schick. "If you're not good at starting something that you want to do personally, how do you think you can possibly cause someone else to change?"

People are usually on their best behavior when they first begin dating, so they tend to tolerate more of what they don't like. If you don't like something in the beginning, chances are

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the person will continue the annoying habit later, according to Schick. "Anyone who goes into a relationship with that fool-hearty idea that this person wouldn't act like this afterwards is in for a big surprise," she adds.

It is important to have common interests when searching for someone

Some people dive into relationships just so they can have somebody around or say they're going out with someone, but if they don't have similar interests the relationship may be doomed. "Get involved with someone who you have some chemistry with," says Venus Williams, a counselor at Bloomsburg University. She adds, "Once you do start dating the person, don't get overly anxious or overbearing and scare that person."

Chellak suggests that "people do what they enjoy doing." If it's art you like, then take an art class and maybe you'll meet someone to go to museums with. If you like to ski, join a ski club. "Do something you're interested in," says Chellak. "Something that gives you a sense of self gratification and self esteem," she adds "and people will notice you."

It is also smart to know yourself and what you want in a partner before going out to meet people, according to Schick. "If you don't know that yet, you probably don't know a lot about yourself and what you want," says Schick. "Look at what you like to do, she advises, asking people to reflect upon, *'When are you happiest?' 'What kinds of things are really important to you?'* Go wherever there's people like that."

Remember, nobody's perfect, so take a chance

At times, it may be hard trying to find the right words to say to someone you're interested in or getting up enough courage to approach that person, but remember you're not perfect and you don't have to find the perfect lover, according to Schick. "People should get rid of those thoughts and realize it's all about getting into the game and finding what's out there," says Schick. "Don't be afraid. The other person is probably apprehensive," she says.

The fear of rejection may keep people from getting together. Schick says people don't worry about how they will come across but "how are others going to react to how I come across?" Get comfortable meeting people and overcome your fears and insecurities for a healthier relationship.

"Everyone needs to examine how important a relationship is to them," says Schick. "Approach it as seriously as you do learning for your career. "You shouldn't assume that it's going to be perfect and it doesn't need any work. It has to be worked on constantly by both people in order for it to stay a good relationship," says Schick. "It takes work but it's worth it." S

Models: Kristin Bergstein, Robin Blimegger, John Brazill, John P. Hayden, Alisa Healey, Kathleen Nemshick, Vijay Raju, Brian Yurko

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Just for You
A Seasonal Facelift

by Alicia Curley

Artwork by Matt Steinruck

While some masochists may be sorry to see one of the state's worst winters end, most of us are enjoying the warmer weather. It is time to put away the snow shovels and make better use of our beautiful, green yards. However, if your yard is not all you dreamed it could be, then maybe it's time to have it landscaped.

It is best to start by finding a good landscape architect. Randall Bond, local landscape architect, suggests this should be someone who will sit down with you and discuss what you have in mind. If you're starting from scratch and building a house, the architect can suggest where to build it to make the most of the site. Even if you are just giving your old yard a new look this is the time to think about any design ideas for decks, swimming pools and gardens. At this time, the architect can also suggest the best types of shrubbery for what you have in mind.

Getting the most for your money is important, so both the architect and customer should be aware of each other's situation. According to Bond, basic landscaping can cost $2,000 for a simple home facelift or up to $100,000 for a commercial job. Be open-minded and communicate how much you are prepared to spend.

After all the details have been discussed, your architect can begin to draw up a plan and select plant species and sizes. Finally, it is time to take your plan to contractors to get bids. Obtain several bids to compare prices and the length of time it will take for the finished product. It is the job of the contractor to then get the material and do the actual labor.

Bond suggests a few tips to keep in mind if you are thinking about landscaping:

• Have an idea what you want the finished product to look like.

• Start skimming through magazines for ideas that interest you. This can be helpful for the architect when drawing up the plans.

• When talking to landscapers, ask for references and past experiences. Listen to friends. Sometimes, someone else's experience can be the best guide!

• Compare contractors and don't be afraid to ask questions. Find out about their guarantee plan. Most should offer a 12 month satisfaction guarantee; if not, keep looking.

Keep in mind that the work does not end when the contractor goes home. Maintaining the beauty of your yard is not as hard as it may seem if done consistently and properly. Bond suggests that fresh mulch is added every year, trees are pruned in the spring, and the lawn is fertilized regularly.

The most important thing to remember is how wonderful the finished product will look and to be firm and communicate. After all, they are doing a job for you and are being paid by you, you are the boss and deserve to be happy with the outcome. Don't settle for less and above all, after everything is completed, sit back and enjoy the summer in your beautiful new yard! S

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LIVING A DREAM:

Eric Jonassen's Path To The NFL

by Aaron R. White

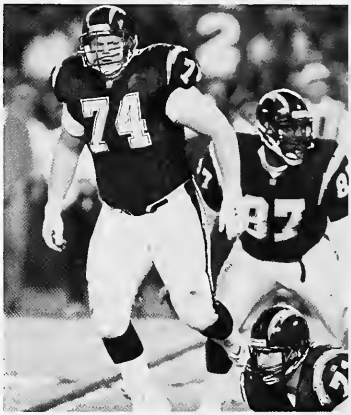

photo courtesy of the San Diego Chargers

A "massive, dominating drive blocker," Jonassen (74) has the "tools" to earn a starting spot on the Chargers.

He was living a dream. He was a starter on the Penn State University football team, one of the nation's better college teams, and he was benefiting from the coaching of Joe Paterno. A professional career seemed a sure thing. Paterno had told him so. He would be a professional football player and a millionaire—if he could only straighten out his grades.

After the 1988 season, Eric Jonassen learned one of the toughest lessons of his life. Paterno, always insistent on academic excellence from his players, kicked Jonassen off the team. His expulsion from Penn State swiftly followed. As a strong right tackle, with his future bright and the world at his feet, it had all come to an end.

"My dream went down the drain," says Jonassen, but adds, "it was basically my fault; I just wasn't going to class." Only a "C" student in high school, his grades went downhill at Penn State. So unimportant were classes that he didn't even declare a major initially. Then, when he chose criminal justice, he did so for no reason other than just so he'd have one.

"MY DREAM WENT DOWN THE DRAIN."

He was a starter on the football team, classes just didn't seem important to the young Jonassen. "I was 20, I thought I knew everything," he says. He had fallen prey to a belief common among young athletes: "I figured teachers would let me pass," but they didn't.

In the summer of 1990, however, Jonassen was given a second chance. Bloomsburg University offered him the opportunity to play Division II football. Two of Jonassen friends, both players for the BU Huskies, approached their coach, Pete Adrian, about the promising young player. He was admitted to the University, first on a probationary basis for the summer semester; when he improved his grades to where they had been in high school, he earned full admittance to the college.

In his first season with the Huskies he became a starter on the offensive line and soon began to take full advantage of his second chance, adding to his high school awards. The consensus all-American and all-Area first-team choice by the *Baltimore News American* and *Baltimore Evening Sun* now became an all-PSAC Eastern Division pick, an all-American first team selection in both 1990 and 1991 and an all-PSAC choice by the *Football Gazette*, and an all-American and all-PSAC first team selection by the *Associated Press*. By his senior year at Bloomsburg, Jonassen had an agent and was entered in the scouting combines for the National Football League.

"It was a wake-up call," he says. There was just as much opportunity to party and ignore classes at Bloomsburg, but Jonassen realized this was probably his last chance at reaching the NFL. His expulsion from Penn State refocused Jonassen towards working for the dream. Today, he doesn't even tell people he went to Penn State. "I'm kind of proud of going to Bloomsburg," says Jonassen, "to still make the pros after going to a Division II school." He was the last choice in the fifth round of the 1992 draft, the 140th pick overall. Today, the Glen Burnie, Maryland, native is a San Diego Charger, with a chance of becoming a starter at the professional level as well.

In only his second season, Jonassen has become the backup to Stan Brock as the Charger's right tackle. The team's scouting report calls the 6-5, 310 pound Jonassen a "massive, dominating, drive blocker" and adds that he has the "tools" to earn the starting spot at tackle. In fact, he already has had some starting time with the team. When Harry Swayne, the starting left tackle, was injured in a game against the Indianapolis Colts, Jonassen replaced him on the line. He also started the next two weeks at that spot.

The young man who had gotten into trouble with Paterno, has been replaced by a hard worker who keeps to himself. "I go out on Thursdays with a couple of the linemen, for

drinks," he says, "but I don't really hang out with the team." Instead, he concentrates on learning the system and earning a starting position. He's learned to keep his eye on the dream, to never lose sight. "I'm playing behind a 14-year veteran," he says of Brock. He believes his time will come if he works hard and is patient.

He believes that if he had remained at Penn State, as a three-year starter, he may have gone in the first or second round of the draft, instead of the fifth. Jonassen also admits that playing in the weaker Division II may have been the real reason that he spent his rookie season on the injured reserve and the practice squad; Bloomsburg linemen have about 20 plays to learn; they have about 250 plays at San Diego. It actually took Jonassen most of his rookie year just to learn all of the blocking schemes that were lacking in Bloomsburg's playbook. "Any one play has the possibility of blocking ten different ways," he adds. But, through it all, he remains proud of coming through the smaller school. When Dan Dierdorf announced to the nation on ABC-TV's Monday Night Football that Eric Jonassen hailed from Bloomsburg University, it did not pass unnoticed to the young player. "It gave me a chill," he says.

Jonassen never did earn his criminal justice degree from Bloomsburg University; he still has a full year of credits to complete. Will he finish his education? "Yeah, I'd like to get my degree," he says, "it's a goal of mine," adding, "maybe I'll even finish out at Bloomsburg." After his football days are over, Jonassen would like to complete his schooling, but doesn't have any other career plans.

"Hopefully, I'll make enough money to do whatever I want," he says. But, for now, it's back to the gym, where the treadmill, stairstepper, and weight training await. Jonassen only took six weeks off after the season, then went right back to work. Once again, he's living the dream. S

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Painstaking Art

by Dan McGonigal

As Brian Dowsett puts the needle to the ankle of a 23-year-old woman, an expression of pain overwhelms her face, and her teeth grind into the remainder of what was once a lollipop stick. Comparing the pain to her previous tattoo, Tara Rubino, Bloomsburg, says, "the one on my butt was nothing compared to this one," as Dowsett works on a 'tribal design' tattoo that wraps around her ankle.

'Tribal design' tattoos have been a popular style, according to Dowsett. This style design is characterized by a repetitive pattern of lines and shapes in black ink. Such designs are similar to ancient cultures and their primitive markings.

Tattoos date back to ancient Egyptian cultures. They were originally used by many primitive cultures to communicate or just to decorate the body, and were associated with some kind of ritual or ceremony. An ancient culture in New Zealand believed that a fine tattoo was a sign of good breeding.

In contemporary societies, tattoos can be used for anything, although in our culture it is used purely for decoration. However, some cultures still use the tattoos as a sign of wealth or class standing. For example, some Japanese gangsters use a full body tattoo to proudly display their power.

Dowsett opened his Art in Motion studio in Bloomsburg in 1991 when he began practicing 'body art.' It started out as an interest and collection of tattoos, but it "became a fascination" for Dowsett, who has countless tattoos on his body, some of which run together.

Dowsett got into 'body art' by practicing on himself and willing friends. "The only way to practice giving tattoos is on real skin; there is no other way to gain experience," he adds.

Dowsett has seen the popularity of tattoos rise in the past few years, saying that they have become "trendy" for people to have them. He finds that most of the people who come into his studio are between the ages of 18 and 25. Located about four blocks from Bloomsburg University, he says a lot of college students come in, but he does the most business in the summer time.

"I thought it was cool," says Michael Depietropaolo, a 19-year-old sophomore at Bloomsburg University. "I wanted one ever since my friend got one last semester," he says. "I don't think I would get another one for a while because of the pain. It was like a stinging pinch type pain, I did not expect that much pain," he says of the Tazmanian Devil tattoo that he got on his right shoulder.

Jeff Gerber, 25, Espy, says he did it because it "seemed like a cool thing to do." Gerber was in the Marines, based in Hawaii, when he got his tattoo of a parrot on his left shoulder three years ago. "It hurt like a bitch," he says, "and I can't compare it to anything." He says, "it feels like bad sunburn afterwards." Despite the pain, Gerber is considering getting another one.

Dowsett says that everyone must be at least 18 years old and sign a consent form before he starts any work. He also says that the tattoo industry is self-regulated, but adds that his work area is kept clean, and all the equipment is sterilized. The needle is kept in a sterilized package and is opened by Dowsett in front of the customer to ensure safety. He also gives each customer a list of how to care for the tattoo while it heals to ensure the best possible finished product.

"I DIDN'T EXPECT THAT MUCH PAIN."

Most people who come in for tattoos get them put where the artwork can be easily concealed. Men usually get them on their ankle or back of their shoulder, and women usually get them along their bikini line to hide it even in the summer time, or also on the ankle, according to Dowsett.

However, Dowsett can put a tattoo just about anywhere an individual wants it, but he cites the biceps and the ribs as the most painful areas to get a

tattoo. "Anywhere there is a concentration of nerves, there is going to be a lot of pain," he says.

He offers 'source books' to help his customers pick out a favorite design, and even allows customers to design their own tattoo, but he says most people combine ideas to get an original design. Dowsett says there is no common theme and most are "individual, different, and uncommon."

The price for an average size tattoo is $45 at the Art in Motion Studio, but the more complex the tattoo, the more it is going to cost, says Dowsett. Price is determined by detail, size, and amount of color. For larger tattoos Dowsett completes the work in sessions, having the customer come back several times until the work is complete.

Keep in mind, tattoos are permanent; they can be removed only by laser surgery. However, the surgery is very expensive, and will either scar or remove the pigment from the skin. It is also impractical for larger tattoos, according to Dowsett. S

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What's in a Word?

Dictionary Differences

by Brandi Mankiewicz

In 1917, our American-English lexicon was slightly different. Some words were new, some had different meanings and some, of course, stayed the same. Dictionaries were also different. The *New International Dictionary* of the English Language, for example, had a little of everything. According to the preface of the 1917 edition, Noah Webster had wanted the dictionary to be "a book intended to aid Man throughout his life." To Webster, the dictionary was a form of "a 'world at a glance'; a little bit of knowledge in many different areas to fulfill the worldly needs of any man."

Webster's 1917 edition was divided into sections, and covered everything from a brief history of the language to a guide to proper pronunciation. It also included an *Addena*, or a section of newly added words. These words reflected the quickly changing world of the new century. An age of new technology was upon us, adding many new words to our language in 1917. In this new world of technology, it wasn't uncommon to see an ***aëro*** flying in the sky. An ***aëro*** pertains to "an aëroplane, airship, or the like" which today is called an airplane. People were flocking to see the latest ***movies***, which was slang for a motion picture. ***Near Beer***, or beer with little alcohol content, was also introduced.

There were also new developments in the world of science and medicine. ***Aspirin***, a common medicine today, was a new word to the dictionary. Its first meaning was "a white crystalline compound of acetyl and salicyclic acid used as a drug for the acyclic acid liberated from it in the intestines." ***Psychanalysis***, or ***psychoanalysis*** as it is spelled today, debuted in the dictionary. It was developed by Sigmund Freud, who was alive when the word entered the dictionary. ***Polio*** was "combining forms from the Greek or to indicate relation to the gray matter of the brain or the spinal cord," and not yet known as the common name of the deadly disease.

Our popular culture was also infiltrated by the changing language. In fashion, ***Brassières*** were now popular enough to make the mainstream of the common language. The definition, "a form of woman's underwaist stiffened with whale bones, or the like, and worn to support the breasts," is enough to make any modern woman think twice about wearing one.

America's favorite pastime, baseball, permeated the language with words. ***Squeeze play*** and ***Texas leaguer*** littered conversational English, proving the growing popularity of the sport. ***South paw***, another word derived from the sport, was originally defined as a person "using the left hand in pitching" and today has come to describe any left-handed person.

Words also tended to have different meanings that would be scoffed at by today's society. One of the meanings of ***female*** was "effeminate; weakly, inferior. Comparatively, ***male*** meant "denoting an intensity or superiority of the characteristic qualities of anything." By today's standards it would be sexist. In 1917, these meanings reflected the general consensus that men were somehow better. ***Nigger*** was also a common word which we now deem racist. Even words like ***masturbation*** and ***gay*** had different meanings. ***Masturbation*** was "self-pollution." If you were ***gay***, you were "excited with merriment; first class, fine" and a ***fagot*** was English slang for "an old shriveled woman." A ***hospital*** was also "a place for shelter or entertainment for travelers, strangers, etc. primarily an establishment giving free entertainment." These definitions would raise many eyebrows in today's society.

The dictionary reflects the time in which it was produced, not only through the words it contains but also through its specialized sections. The 1917 edition of Webster's dictionary included items that we generally take for granted in today's society and rarely learn in today's schools. A whole section was devoted to the flags and seals of the United States and its territories, including the flags and seals of the territories of Hawaii and Alaska. At this time, Great Britain had 35 colonies and each colony had its own flag and coat of arms, all displayed with their regal glory on the pages of the book.

Another section included plates of pictures describing various words since there were few pictures incorporated within the text pages. On these pages, one could see orchids in color, the parts of the automobile, or the "ten best examples of American Architecture" in color. In the Classified Section of Pictorial Illustration were beautiful reproductions of the anatomy, botany, mythology and antiques from ancient Greece and Rome. These pages held the key to a world that many knew was there, but never saw. These illustrations showed that the world as a wild, mysterious place, and the imagination was left free to dream about what the world was like beyond the extent of ones travels.

Today, with the advancement of technologies, the world doesn't seem as large as it once did. We have evolved from what we once were, and our language reflects the changes in our ever changing culture. S

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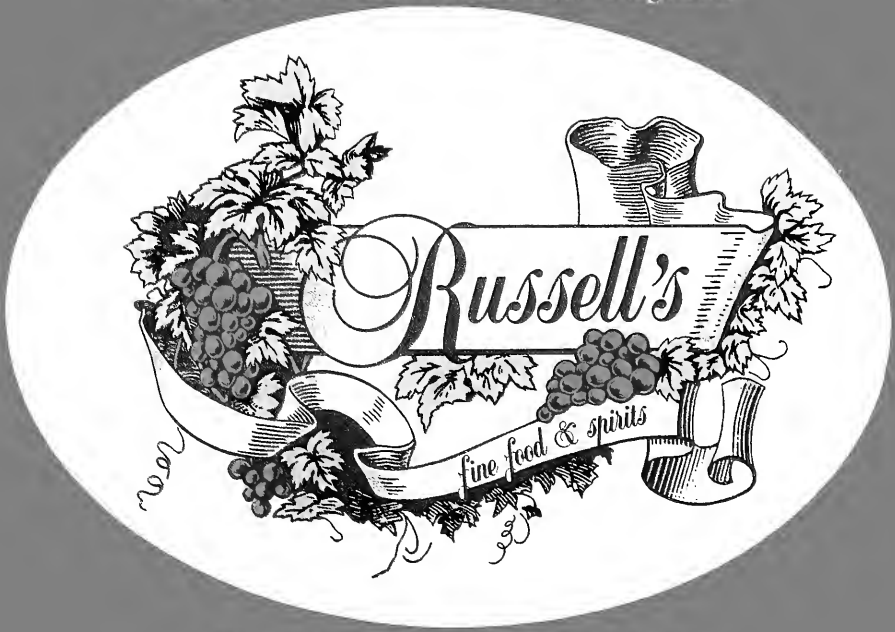

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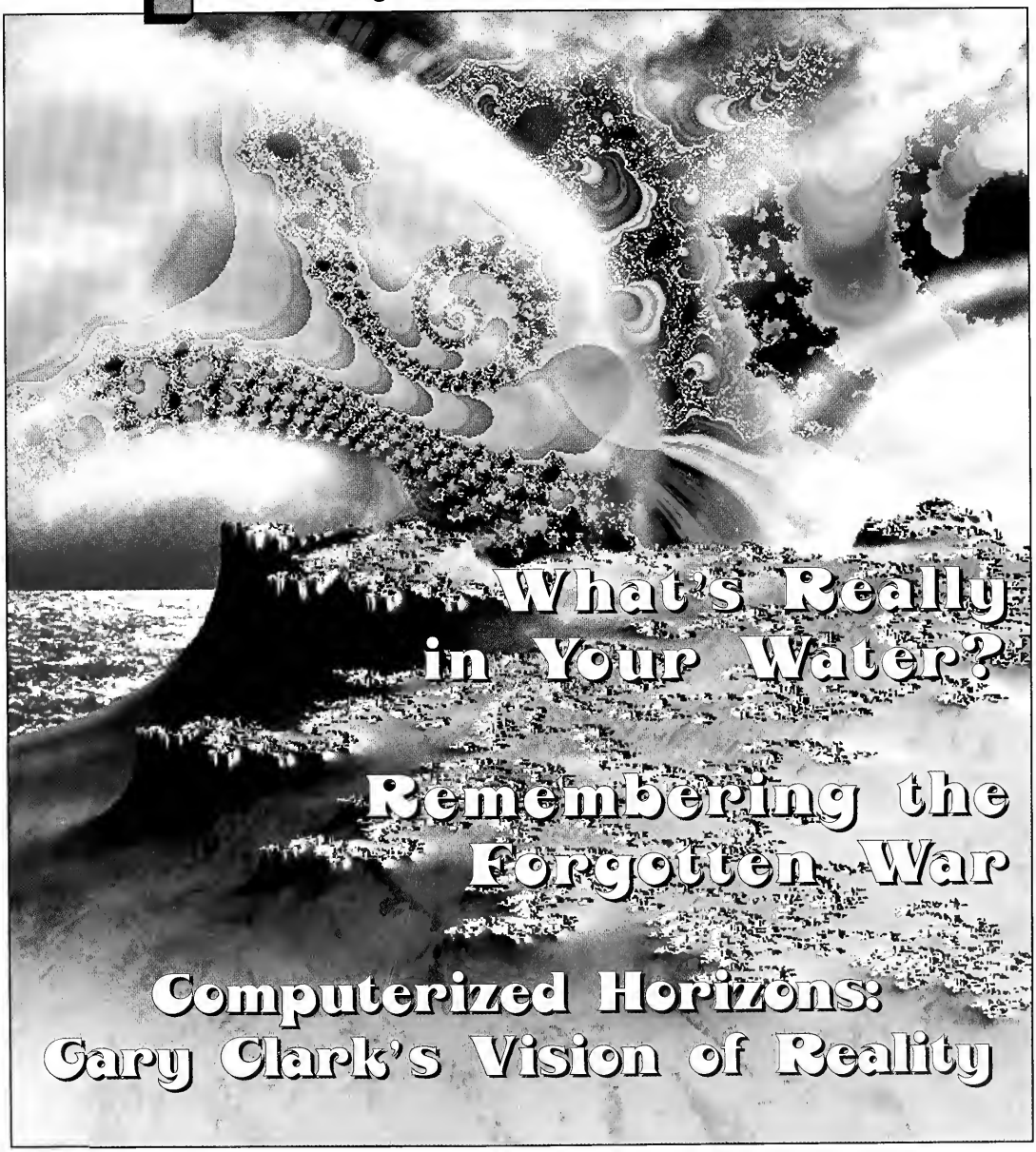

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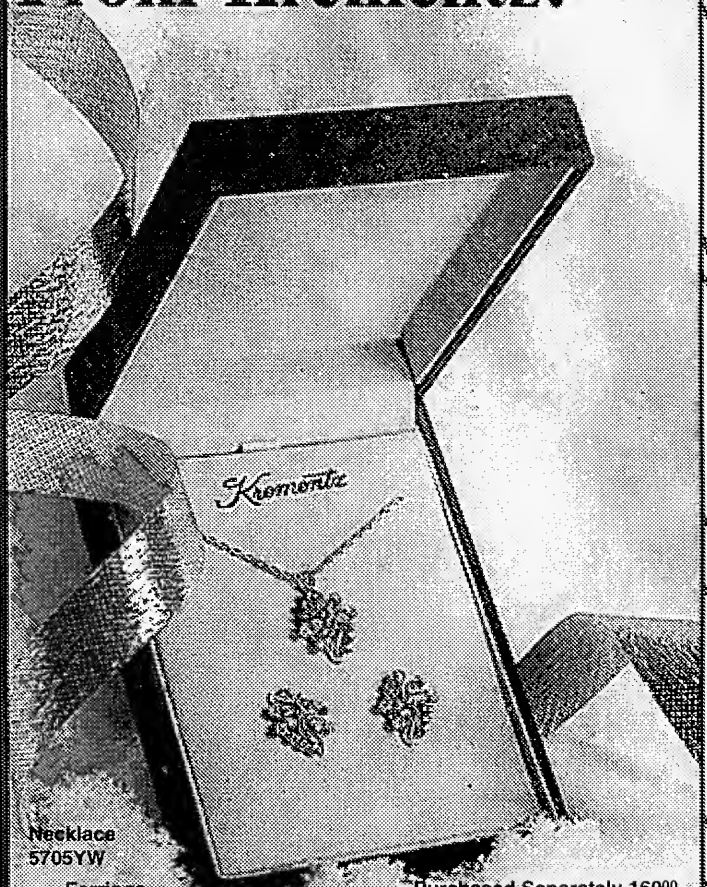

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BEHIND THE LINES

Water in its various forms is a recurring theme throughout the pages of *Spectrum* . It is illustrated on the cover, analyzed in the lead story, and portrayed as a destructive force in "Big River Down."

Gary Clark, whose work is featured in this issue, has a tremendous amount of artistic creativity that adds life and character to the magazine. Clark, of Bloomsburg, is recognized as one of the nation's leading computer artists. Inside the magazine, we chose two of his water-related works of art. His is the story of art being taken to its technological limits.

Out of our own curiosity, and in the public's interest, we decided to evaluate the water quality in Columbia and Montour counties. Although some water tested high on certain tests, we are relieved to report there are no serious problems with the water in the area. Agway Labs assisted in our research.

We've shown how calm and serene water can be, as portrayed in "A Bit of Magic," we've looked at its chemical make-up in "Water Without Worry," and in "Big River Down" we show how it can instill fear and cause devastation.

But, as usual, there's a lot more in *Spectrum,* as we explore everything from body piercing to the problems of Korean War veterans. We take a look at environmental issues and update our readers on one of the latest breakthroughs in medical technology.

Editorial philosophy is to focus on the issues of the people of Columbia and Montour counties. It is a philosophy we proudly present every issue.

~THE EDITORS

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First Columbia Teller, circa 1902

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Body Piercing

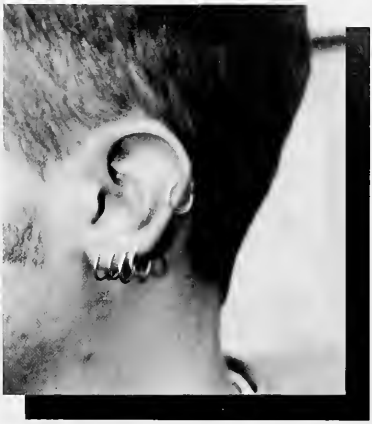

photo by Sarah Tonden

Originating in urban America, body piercing is the latest fad across the country. People are piercing everything from ears to navels, noses, eyebrows, nipples, and even tongues. Ear piercing is still popular, but nowadays multiple holes in each ear seem to be more fashionable than one. Why the craze? "It's different," says Meka Eyerly, 19, Bloomsburg, who sports five holes in one ear and four in the other. "I'm very big on appearance and I like to change my look every so often."

Eyerly had her first piercing when she was eight years old, and got her latest holes this summer. "I was in a rut and needed a change," she says. So along with a new haircut, she got another piercing.

Those who have experienced the piercing agree that it's not as painful as it sounds. "I really can't stand pain," says Jenny Penedos, Bloomsburg University freshman, "but getting my ears pierced hurt more than getting my nose pierced." A year and a half ago it only cost her $8 for the piercing, which she had done near her hometown of Montrose. "No one could believe I had it done," says Penedos. "Some teachers didn't like it and weren't afraid to tell me so," she recalls.

Pricilla Newbert, 20, says she had her navel pierced July 4th weekend in Wildwood, N.J. Newbert paid $35 at a studio that specializes in nose, lip, and eyebrows.

A person receiving a navel piercing would first have the navel area sterilized with iodine. The navel is then pierced with a piercing gun, the same as if a person would get their ear pierced.

Danielle Guthrie, 14, pierced her nose and navel herself. "I can still sneeze and blow my nose," she says, "and it doesn't hurt at all."

Whether the reason is for self-expression, rebellion or for aesthetic value, body piercing is catching on.

- Brian Staley and Sarah Tonden

Clearly Finished

"You can see your meat!" spoofed "Saturday Night Live" with its product, Crystal Gravy. It wasn't far from the mark, either as the market has been inundated with transparent products in the past five years. The end of the fad was signaled by just this kind of product, however, which do not lend themselves well to a clear form. When clear gasoline (Amoco Crystal Clear Ultimate), transparent beer (Miller Clear and Zima), and clear mascara were introduced, the end had begun for this recent trend in marketing.

The concept originally cashed in on environmentalist concerns for products containing fewer chemicals and other unnecessary ingredients. But a report in the Wall Street Journal, based on figures from Information Resource's Infoscan, has shown that sales of clear products have almost uniformly taken a nose-dive . The only product with a significant area of growth is PepsiCo's Crystal Pepsi which has benefited from heavy promotion. Even so, this front-runner among the transparent products has fallen short of Pepsi's expectations.

Early on, the fad appeared more like a sustainable trend. The idea of clear, natural products appealed to many consumers and lent itself nicely to a wide variety of products. By 1992, however, this new marketing technique had become an all-out fad. So-called "parasite products" began to appear, which borrowed the clear concept for uses that went too far beyond the logical scope of the technique. Roughly coinciding with the appearance of such products, consumers also began to tire of legitimate uses of the clear concept which charged higher prices for products which claimed to have fewer ingredients.

For several reasons, clear products are on their way out of the market place. Some will remain, but only those which are truly sustainable. We can only wonder just what Crystal Gravy might have tasted like.

-Aaron R. White

Water Without Worry

by Danielle Harris and Jay Unangst

When you turn on your tap looking for a fresh, clean glass of water, are you satisfied that is what you are getting? Dori Richwine, Bloomsburg, said that before she had a well, she was sometimes concerned with her water quality. Now she feels comfortable. "My husband tells me that it's the best water," she says.

Local water systems are regulated by the Environmental Protection Agency (EPA) and the Pennsylvania Department of Environmental Resources (DER) and are required to continually test (daily for larger plants and about every two weeks for smaller plants) for water contaminants including microbiological and chemical substances.

Microbiological substances of concern include bacteria, viruses, and protozoa. Chemical contamination occurs in two forms, naturally occurring chemicals such as metals and minerals, and man-made chemicals which consist mostly of organics and inorganics.

While these contaminants may sound like cause for concern, Dan Spadoni, community relations coordinator for the north-central Pennsylvania office of the DER, insists that "water is safer than it has ever been," adding that "most of Montour and Columbia counties' water systems comply with EPA and DER standards."

In Montour and Columbia counties, water companies may abide by EPA and DER standards, but that doesn't mean that the water is without some problems. *Spectrum* obtained water samples, September 19-22, 1994, from nine local areas—Benton, Berwick, Bloomsburg, Catawissa, Danville, Espy, Orangeville, Skyview Acres, and Wonderview. The samples were then taken to Agway, Bloomsburg, an independent lab. However, for the results to meet strict scientific guidelines, the water should have been collected at the same time under specific conditions. Nevertheless, even with that limitation, the test results are indicator of the quality of water in Columbia County.

The testing that was performed included pH, hardness, iron, Coliform bacteria content, and lead.

Coliform bacteria are found in

photo by Marlyse Heaps

the intestinal tracts and fecal discharges of humans and every warm blooded animal, and can be a good indication of pollution. Most coliform organisms are not harmful. The problem, however, is that they can be accompanied by non-identified, potentially harmful organisms. Current standards for drinking water state that the coliform count be no more than 1 per 100 milliliters. None of the tested areas had a coliform count, except for Catawissa (3/100ml), Espy (3/100ml), and Wonderview which was very high at 20 per 100 ml. John Yohey, Wonderview Water Company operator, said that his company takes water samples weekly and sends them to be tested for bacteria directly in a DER lab.

The pH level indicates alkaline or acid quality, and is measured on a

photo by John Leitner

Agway lab technician Sherry Kehoe tests for microbiological and chemical substances in Columbia and Montour counties' drinking water.

Water Analysis Results

Results of independent testing done at Agway Labs, Bloomsburg, Pa.

	pH	ACTUAL HARDNESS	COMPENSATED HARDNESS	IRON	COLIFORM
IDEAL	> 6.7 or < 9.0	< 3.0 grams per gallon	< 3.5 grams per gallon	< .3 milligrams per liter	< 1 per 100 milliliters
BENTON	***6.5***	2.0	2.8	***.4***	0
BERWICK	7.0	***6.0***	***6.8***	***.4***	0
BLOOMSBURG	7.0	2.0	2.4	.2	0
CATAWISSA	7.5	***4.0***	***4.0***	***.4***	***3***
DANVILLE	7.5	***8.0***	***8.0***	***.4***	0
ESPY	7.0	3.0	3.4	.2	***3***
ORANGEVILLE	***5.5***	2.0	2.0	***.4***	0
SKYVIEW ACRES	***6.0***	***11.0***	***99.0***	***44.0***	0
WONDERVIEW	7.5	***5.0***	***13.0***	***.04***	***20***

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scale of 1 to 14, with 7 being neutral. A pH level higher than 7 is alkaline, lower than that it is acidic. An ideal reading for drinking water is between 6.7 and 9.0. All of the tested areas had ideal pH levels except Benton (6.5), Orangeville (5.5), and Skyview Acres (6.0) which all showed slightly acidic pH levels. Bruce Evans, water works operator for the Benton Water Supply Company, attributes Benton's low pH level to the chlorine treatments (chlorine tends to make pH levels drop) the company uses lower the hardness of the water. "Except for a little hardness," says Evans, "we really have good water."

Water hardness occurs with the presence of calcium and magnesium. These minerals can form deposits and sludge on plumbing; it also wastes energy, shortens the life of hot water heaters, and can affect the taste and tenderness of cooked foods. Hardness is measured in two ways, actual hardness and compensated hardness. Actual hardness is measured by the number of calcium carbonate grams per gallon in the water. The ideal level for actual hardness is less than 3 grams per gallon (gpg). Five areas—Berwick (6 gpg), Catawissa (4 gpg), Danville (8 gpg), Skyview Acres (11 gpg), and Wonderview (5 gpg)—had actual hardness levels higher than the ideal level.

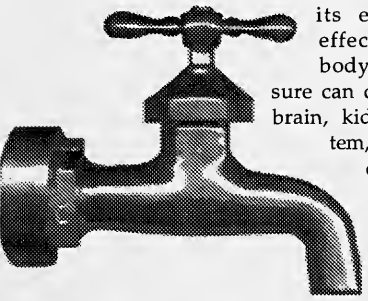
Compensated hardness is measured by taking the iron content, doubling it, adding it to the actual hardness, and expressing in calcium carbonate grams per gallon. To be ideal, compensated hardness levels should fall below 3.5 gpg. The results were identical; the same five areas — Berwick (6.8 gpg), Catawissa (4 gpg), Danville (8 gpg), Skyview Acres (99 gpg), and Wonderview (13 gpg) — tested high in hardness levels. "The borough of Danville doesn't have hardness problems," states Arty Gerringer, superintendent of the Danville Water Works, adding "I live in the borough, and no one I know owns a water softener." Gerringer did say, however, that Mahoning Township might have hard water because it's serviced by well water. A Catawissa Municipal Water Authority official believes that Catawissa's hardness is due to soda ash, which many public water systems that draw from wells use as a corrosive buffer.

Iron tests are measured in milligrams per liter (mg/l) with an ideal level being less than 0.3 mg/l. Iron tests showed that seven areas—Benton (0.4 mg/l), Berwick (0.4 mg/l), Catawissa (0.4 mg/l), Danville (0.4 mg/l), Orangeville (0.4 mg/l), Skyview Acres (44 mg/l), and Wonderview (4 mg/l) — had higher than the ideal level of iron. However, it is important to note that "iron can come from an individual's own plumbing," says Spadoni.

Iron has the ability to stain everything—clothes, fabrics, plumbing fixtures, and kitchenware. Iron can even spoil coffee and tea by reacting with the natural brown tannins to form black iron tannates. Iron exists in two

forms, soluble or clear water, and oxidized or red water. Soluble iron can only be removed by a water conditioner, while oxidized iron needs to be filtered.

Lead is one of the most serious contaminants that water is tested for due to its extremely harmful effects on the human body. Continued exposure can cause damage to the brain, kidneys, nervous system, Anemia, and even can result in death. Lead is also extremely dangerous because of its ability to get in to drinking water after treatment, due to its presence in some plumbing materials. All of the areas tested by *Spectrum* proved negative for lead content.



These tests are just a small percentage of the amount and variety of testing that is actually done on drinking water. Although *Spectrum* was able to find several incidents of water with less than ideal test results, all of the water company employees interviewed did not seem to have any doubt that local water is safe. DER community relations coordinator Spadoni says that "Montour and Columbia counties have little to worry about," further adding that because of stricter regulation enforcement, and better systems technology, "water quality has really improved in the last five years." However, the EPA urges that if there is concern whether individual tap water meets state or federal health standards, there should be no reason not to have it tested. S

(For information on water standards, and health information relative to specific water contaminants, contact the EPA's Safe Drinking Water Hotline at 1-800-426-4791.)

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TO PRINT AND BACK AGAIN

by Jennifer Boscia

Imagine autumn without the vibrant reds and yellows in a forest of maple trees, or sweltering summer days without the cool shade of a massive oak tree. If we were to continue to deplete our natural resources, these images might come true. Thankfully, more than 400 Pennsylvania communities participate in recycling programs, helping to make one-fourth of the raw fibers used in the paper industry from recycled products, saving our trees for other uses.

Consumption of timber products is 80 cubic feet per person per year. The United States produced 7.1 million tons of newsprint in 1992, but consumed 12.6 tons. The majority of the other paper was imported from Canada, whose production of newsprint in 1991 was 8.9 million metric tons. In Pennsylvania, timberland accounts for 55 percent of the state's forests making lumbering the seventh largest industry in the state. Lumbering produces over $5 billion annually in revenues. In Columbia County, the growth to removal ratio of trees is greater than 3:0, which is one of the best ratios in the state. The statewide ratio is only 2:1. The ratio explains how many trees are grown compared to the ones that are cut down.

In order to join the effort to conserve trees, the Bloomsburg Recycling Center again has begun accepting newsprint. There was a time when the center did not accept newsprint because the cost of processing was more than what was earned when the paper was shipped to the mills, says Carol Webster, recycling coordinator for Bloomsburg. "Newspaper is the easiest commodity to recycle," says Webster.

Bloomsburg is sending its bales of newsprint to International Paper in Lock Haven. International Paper then de-inks and repulps the paper to form an off-white copy paper. They call this paper "Earth White." If International Paper was to make the paper a true white color, it would have to use a bleaching process that gives off a chemical that is harmful to the environment. But, says Webster, "a lot of mills still do it."

> "NEWSPAPER IS THE EASIEST COMMODITY TO RECYCLE."

The Bloomsburg Press-Enterprise uses about 27 tons of paper over a one month period. Vic Creveling, pre-press manager at the Press-Enterprise, says all of the paper they use is recycled. "Local brokers get all of our scrap, and then they sell it for the best price they can find," he says. The Press-Enterprise presently pays about $500 per ton of newsprint, but Creveling believes that this is going to increase to $700-800 per ton in the next couple of years.

photo by Jenn Adams

Bundled newsprint at the Bloomsburg Recycling Center is sent to International Paper, Lock Haven.

There is an alternative way to recycle newsprint which is efficient in cutting costs and landfill space. Farmers use newsprint as a source for animal bedding. "Newsprint breaks down readily in soil, and is clean and absorbent for the animal," says Ray Hosler, a technician at the Soil Conservation Service. Frank Getty, a farmer from Catawissa says, "The newsprint degrades into the ground, and I just put more on top of it." He believes it would be too time consuming to have to gather the paper himself, so he just puts bins near his farm and people are welcome to drop their newsprint off. Getty could not think of any disadvantages to this way of recycling newsprint.

Hosler, however, does see a downside to using newsprint as a source for animal bedding. He says it's "hard to develop a reliable source for newspaper." Many farmers don't want to pay for the

newsprint and then go through the process of shredding it. "There is also somewhat of a fire hazard if farm equipment were to throw off sparks onto the newspaper," adds Hosler.

In 1988, the Commonwealth passed Act 101 which made recycling mandatory in Pennsylvania towns with populations of more than 5,000 residents. Scott Coslett, recycling coordinator for Columbia County says the passage of Act 101 made the supply of recycled materials jump radically ahead of the demand for them. "Back in the 1970s, when Bloomsburg began its initial wave of recycling, a municipality could almost survive on recycling efforts," says Coslett.

Local recycling centers also recycle glass, steel and aluminum cans, PET plastic (soda bottles), cardboard, and high grade white office paper. Each of these is crushed and packaged together until they reach 40,000 pounds, says Webster. At this time, the packaged products are sold to brokers. "Whenever a processed load is ready to be shipped out," says Webster, " I call around to find the company which is offering the best price. "

All of this collecting, processing, and distributing can become expensive. The Bloomsburg Recycling Center has been subsidized by the town since Act 101 was passed. Last year, the center came out $1,000 ahead and, "It's looking good again this year," says Webster. This year, Bloomsburg budgeted over $300,000 for its recycling program. As of now, the town is showing a higher revenue than expense, but is already over budget for solid waste collection charges.

Recycling programs throughout the state are also financed by two types of grants from the Department of Environmental Resources. The first is the 902 grant in which the DER pays 90 percent of the cost of any recycling equipment. The requirements for this grant are easy to meet, according to Coslett. He says, "It is just a matter of filling out the paperwork and meeting limited conditions." The second grant, the recycling performance grant, is given to municipalities based on their recycling production for the previous year. "Municipalities get $5 per ton of total recycled material, and then an additional $1 for each percent of the waste stream that the recycling efforts diverted." says Ron Sommers, a regional representative from the DER.

Although recycling in Bloomsburg only makes a small dent in worldwide resource conservation, all of the money and effort this rural area of Pennsylvania puts out makes a brown paperbag full of newsprint far more important than it looks. Perhaps in the future we can count on our ever growing technology to keep our trees for more recreational and relaxing uses. S

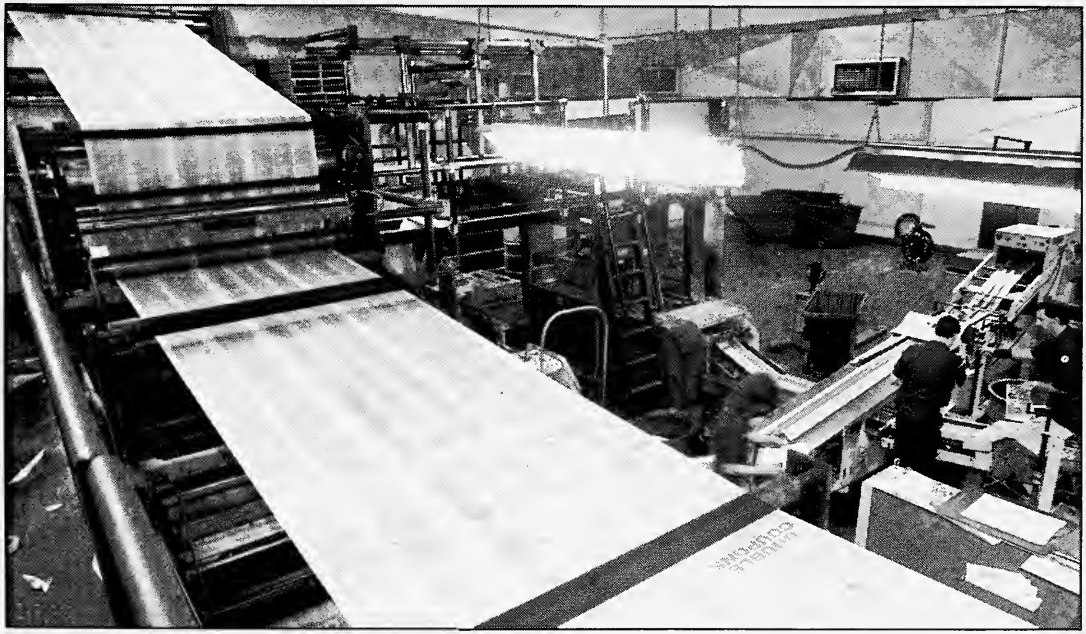


photo by Keith Haupt

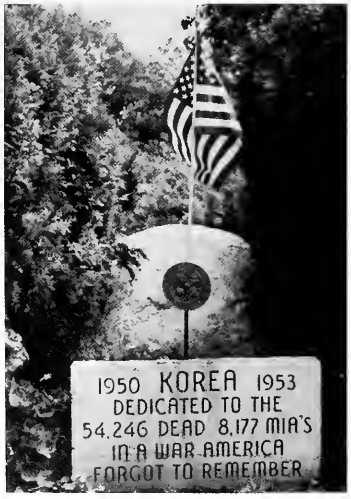
The *Press-Enterprise* uses 25-30 tons of newsprnt for each of its daily editions. All paper at the *Press-Enterprise*, including office paper, is recyclable. Newsprint currently costs about $500 a ton.

Remembering The Forgotten War

by Katherine Yurchak

"You can't join the club, Charlie, you ain't a war veteran. That Korean thing was just a police action."

Forty-two years have passed since Charles Glidewell appeared in his Army uniform at Muncy's Veterans of Foreign Wars, and had the door slammed in his face. He was then 23 years old and had served in the Signal Corps with the 17th Airborne Division in Korea. All he wanted to do when he went to the local V.F.W. in 1952 was to become reacquainted with guys he'd known all his life, guys he hadn't seen for three years.



Anthony Zdanavage dedicated his life to the memory of those who served in the Korean War. A memorial is erected in his front yard as proof of his devotion.

But the day the V.F.W. refused him membership, Glidewell went back home, took off his freshly-pressed uniform, packed it away with a few memoirs, and put the Korean War out of his mind. As far as he was concerned, the 1950-1953 Korean Conflict deserved to go down in history as "The Forgotten War."

Dr. Chang Shub Roh, professor of sociology and social welfare at Bloomsburg University, a native of South Korea, also lived through the war and recalls the devastation his country suffered. However, he refuses to discuss the Korean War. "It's too painful to remember," says Dr. Roh. "But that was the past. Let us look forward and try to help build a world of peace."

While Glidewell and Roh were dampening their memories of Korea, one of the 7,690 veterans from Columbia County was actively mounting a national campaign to force America to remember "The Forgotten War." Anthony Zdanavage, Berwick, who had been a prisoner of the North Koreans, died July 13, 1993. But his widow, Esther, for the first time since her husband's death, recently opened Zdanavage's private office to *Spectrum* so that his activities on behalf of Korean War veterans could be revealed.

Charlie Glidewell is one of many Korean Vets who knows the pain of serving in "The Forgotten War."

"Maybe if he hadn't worked so hard for his veteran friends, I would have my husband with me today," Esther noted.

Zdanavage was the founder, in 1979, of the Korean War Awareness Project, a program that put him in personal touch with more than 35,000 Korean War veterans across America. "Tony Z," as he was known, helped his fellow veterans rid themselves of fits of rage or anger that had overwhelmed them when they met rejection or isolation from family and friends at home. Psychologists had not then been aware of Post Traumatic Stress Disorder, which later plagued many Vietnam War veterans.

The recipient of two Purple

Anthony Zdanavage started a national campaign to bring attention to the Korean War veterans that had been forgotten.

Hearts, Zdanavage created the first Pennsylvania Purple Heart license plate. He also designed and printed "The Forgotten War" bumper stickers, and mailed thousands throughout the country.

Zdanavage was not a writer, but after telling his war experiences to personal friends, he was encouraged to put his memoirs in print. With his wife, Esther, he wrote *Korea: The War America Forgot to Remember.* The $20,000 cost of the self-published book came from a loan he and his wife borrowed against their home in Berwick.

> "MAYBE IF HE HADN'T WORKED SO HARD . . . I WOULD HAVE MY HUSBAND WITH ME TODAY."

The son of Lithuanian immigrants, Zdanavage wrote about how he'd altered his birth certificate to enlist in the Korean War at the age of 15. He explained how he became a part of the first Mobile Army Surgical Hospital (M.A.S.H.) and had become known as "Doc" to Americans wounded in North Korea. He related how he was captured by the North Koreans, forced to treat their wounded, and prohibited from treating dying Americans. He wrote about suffering frostbite in his legs (resulting in his becoming an amputee), and how he was shot twice, and then released by an English-speaking North Korean officer.

Zdanavage was a 17-year-old war veteran when a neighbor (who later became his father-in-law) found him walking alone on a road near his home on Alden Mountain, in Dorrance Township. He had no idea how he got there.

"For more than 40 years, Tony tried to piece together those 83 days—from the time he left Korea until he arrived back home—that were lost to his memory," Esther says, "but my husband never found the pieces to the puzzle." She explained that her husband had been shot in the head, but was given no treatment for his wounds before he was released.

No national monument had ever been raised to those who gave their lives in the Korean War, so Tony built a marble memorial to Korea's POWs and MIAs on his front

lawn. Veterans from the area have gathered there annually for memorial services.

In the meantime, Tony Zdanvage's "Korean War Awareness Project" continually reminded people that "more than 54,246 Americans lost their lives in Korea, 103,248 were wounded, 389 known prisoners of war were never returned or accounted for and 8,176 are still missing in action."

When President George Bush un-veiled a model of the National Korean War monument, June 14, 1989, Zdanavage was elated. The model depicts a column of statues, representative of those who fought the war on foot.

Zdanavage and his friends helped raise $16 million for the National Korean Veterans Memorial. Dedication is slated for July 26-30, 1995. Unfortunately, Zdanavage will not be among the thousands of Korean War veterans expected in Washington, D.C. next summer. But surely he would have found satisfaction in the dedication theme: "Freedom Is Not Free . . . A Victory Remembered."

Awareness. It was the key that unlocked the door of understanding for Tony Zdanavage, in his life-long effort to have Americans remember his beloved Korean War veterans. And for Dr. Chang Shub Roh, awareness has become a master key. Together with other scholars, he has formed the Global Awareness Society International (GASI), which aims to bring understanding among people of diverse cultures throughout the world. S

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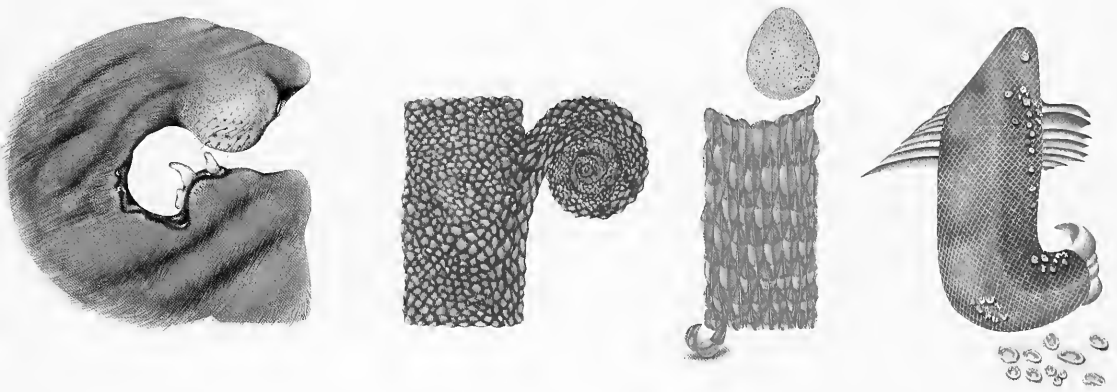

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Big River Down

By August R. Carnevali

It was near noon on that bright January day in 1959 when 34 men, hundreds of feet underground at the Marcy Slope of the Knox Coal Co., had gathered at the motor barn and prepared to have lunch. Suddenly, from the darkness appeared Merril Ramage, the motor runner, driving his motor pell-mell and coming to a screeching stop, yelling "Clear the mines! Clear the mines!" Moments before, Sam Altieri had relayed the message to Ramage after receiving the phone call from superintendent Robert Groves at the surface telling him to get everyone out.

The Scranton/Wilkes-Barre region is in the heart of the anthracite coal fields, that extremely hard coal that is deep-mined and burns with a hot blue flame. The whole region is laced with mines 800 feet below its surface. Chambers emanate from the main slopes and criss-cross in a maze of tunnels throughout the valley. The wide expanse of the Susquehanna River crossed over several of these chambers.

Joe Stella believes he will always carry the memory of the 12 men lost in the 1959 Port Griffith mine disaster.

But a heavy snowfall that winter followed by mild temperatures had set the stage for tragedy. The melted snow and ice had swollen the river, to the workers who 17 feet beneath the riverbed, it loomed as an impending disaster. Although a 1950 mining law stated there must be 50 feet of rock cover to mine underneath the river, it had been disregarded by mining officials who issued permission to drive beyond the "stop" lines clearly indicated on their maps and took no action to stop the mining when notified of their violations.

Laws that were initially formulated by the Department of Mines and Mineral Industries for the large coal companies throughout the region to guard against tragedies of this nature became archaic over the years when their holdings were leased out to independent operators. With little or no control over their practices, the dangers multiplied when these smaller concerns proceeded to cut many mining corners which resulted in widespread damage.

Joe Stella, a mine inspector and surveyor for the Pennsylvania Coal Co., the parent company, was well aware of these practices and had again warned officials of the Knox Coal Co., a subcontractor, weeks before the disaster that mining had extended beyond the "stop" line at the river. But he could only report the violations and document them on his survey map. In fact, he had returned this day to do precisely that. However, while Stella inspected the Marcy Slope some distance away, the river broke through at River Slope. He, with six other men, successfully emerged from the mines 4-1/2 hours later at the abandoned Eagle air shaft.

Just before noon on the 22nd, a breach occurred in the strata overlying the Pittston Vein of Knox Coal's river slope workings and opened to the surface along the east bank of the Susquehanna River in a suburb of Pittston known as Port Griffith. Because the river was in a flood stage and 15 feet higher at the time, the water's tremendous weight collapsed the riverbed and poured millions of gallons of water and huge chunks of ice into the River Slope, trapping 81 men below. Three men drowned immediately, while dozens of others panicked and scurried through the dark tunnels to safety. All but 12 men were eventually rescued with only minor injuries.

Although there were many incidental links in the chain of events leading to the disaster, many lessons were learned and the result was a 1965 law that made anthracite mining safer and the penalties for violations stiffer.

The saddest thing about the tragedy is that it never should have happened. The driving of two places for a distance of 260 feet underneath the river with only 19 inches of rock cover in some places was a willful and deliberate act. The failure of mine officials to withdraw all workmen from the mine when notified about the violations was an act of apathy and negligence on their part.

Further investigation showed that August Lippi, president of the local chapter of the United Mine Workers (UMW), and committee members Anthony Argo, Dominic Alaimo, and

Charles Piasecki all had jurisdiction over the Knox operations and were on the company's payroll, although performing no services. Their membership was intended to immunize the operations of the Knox Coal Co. of the provisions of the contract between the UMW and the operators. Indictments were later returned under the direction of the U.S. Attorney against them and the employees who were guilty of negligence.

The Knox Mine disaster was not only a blow to the staggering economy, it also sounded the death knell of the dying coal industry in the Wyoming Valley. The tragedy came when the industry could least afford it. Although the direct effects included the immediate closings of 11 operations in the greater Pittston area, it was determined that, because of the declining demand for coal, these same mine operations would have closed within three years regardless of the flooding.

But, even today, one lingering question remains, how could so many responsible parties—the owner, the operator, supervisory employees, the foreman, and the miners themselves show such an indifference and lack of concern to such an obvious and immediate danger? Apparently the 14 feet of virgin coal in the vicinity of the river, the lax laws, and a lucrative incentive pay system were too attractive to ignore.

Today, Joe Stella, 70, is retired and says he still thinks about that day in the mine. "I think about it all the time. You can't forget something like that," he says. Each year on the anniversary of the disaster, Joe Stella and his wife, Anne, join the families and friends of the drowned men in St. Joseph's Church in Port Griffith for a memorial mass. After the services he pauses outside the church at the black granite monument to the 12 who didn't make it, and with tears in his eyes says a prayer. Joe Stella will always be haunted by the tragedy that he could not prevent, that should never have happened, and those friends he grew up with, worked with, and loved who never should have died. S

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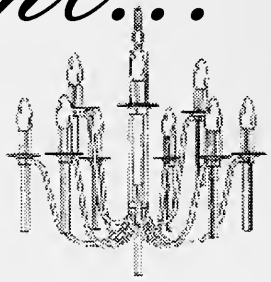

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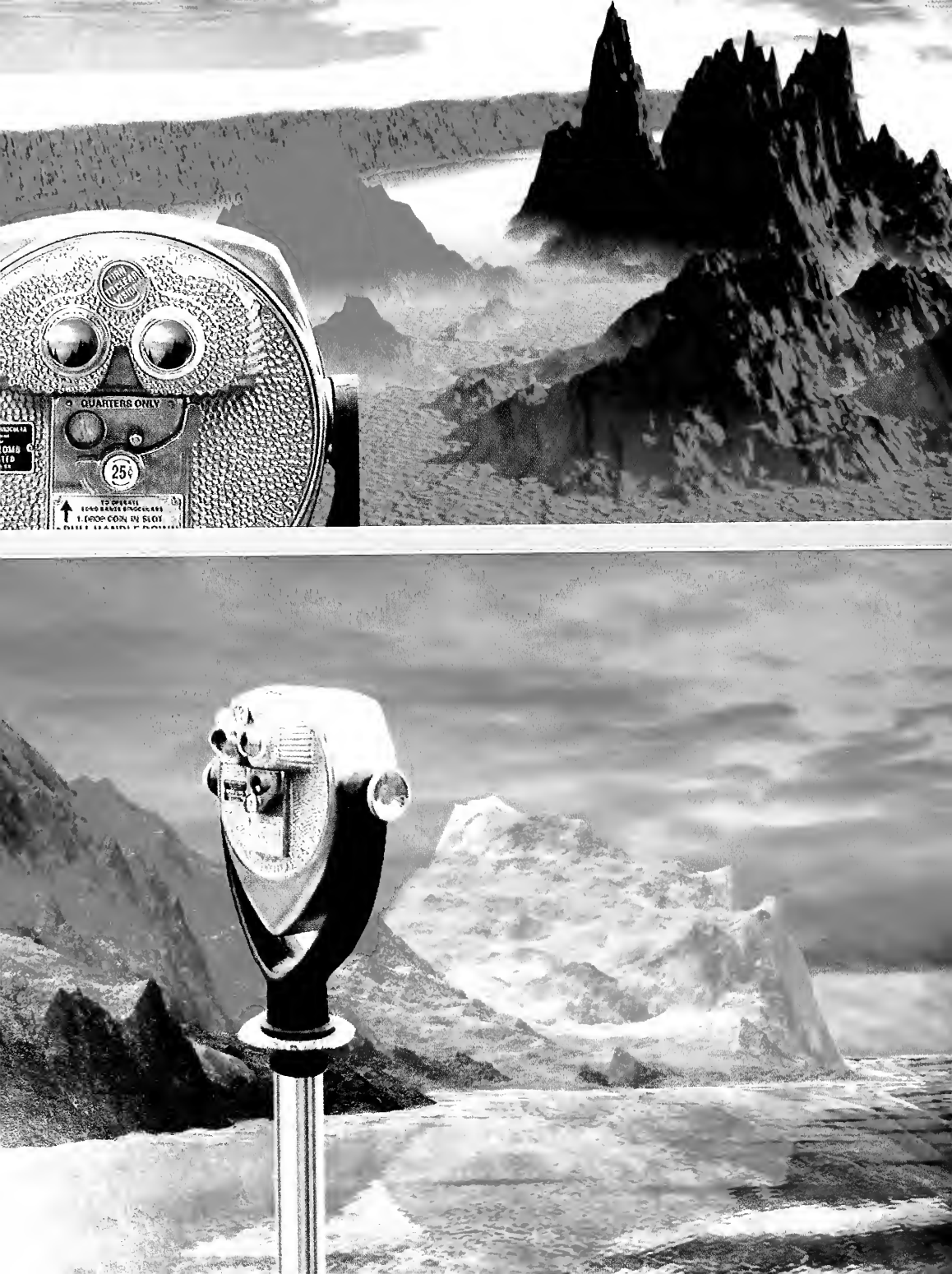
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EXPANDING REALITY

THE UNLIMITED DIGITAL LANDSCAPE

BY JEFF MAC CLAY

Gary Clark remembers the time when, with the aid of his computer and a video camera, he was able to capture an image of a car and produce a piece of art consisting of hundreds of little black dots. A few here, a lot there, so arranged as to bring an image of the car to life. The works this man does these days are far more spectacular than simple stills pixilated onto computer paper. Clark, assistant professor of art at Bloomsburg University since 1972, has been a pioneer in the rapidly evolving world of 'digital' art.

'Digital' art utilizes computers with huge memory capacities and numerous programs. However, the work is not the computer's alone. It's the imagination, creativity, and skill of the artist which brings such images to life.

Creating these works takes a large amount of equipment and technology. Clark currently uses a Macintosh Quadra 950 with 24 megabytes of RAM, random access memory. This computer with its large memory capacity, enables Clark to use the complicated art programs. A 400 megabyte built-in hard drive and a one-gigabyte external hard drive provide additional memory capacity. What it all means is that his desktop computer is more powerful than most Mainframe

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computers, says Clark.

He creates his works by using a Wacom 12" x 18" graphic tablet. This tablet is an electronically sensitive surface on which Clark can use a stylus pen to 'draw' his visions. The images are visualized on an Apple 21" color monitor, which is larger than ordinary computer monitors. Utilizing a RasterOps 224XLTV video board he operates with a selection of 16.5 million colors, allowing him to reproduce any color imaginable.

Completed works are made by a QMS 100-30i ColorScript thermal wax printer, which prints the works onto paper, or by an LFR Laser Graphic slide maker, which transfers the works directly to photographic slides. A service bureau provides Clark with his Iris and photographic prints, the Iris printing process leaves the work looking much like a watercolor.

"The fact that these imaginary artworks do not really exist, except in a stream of electrons (eventually made tangible when printed) fascinates and intrigues me," says Clark, who works mainly at the Bloomsburg University art tech lab in his free time.

Represented by an impressive list of galleries, including the Agnisiuh Gallery of Sodona, Arizona, and the Philadelphia Museum of Art Sales and Rental Gallery, Clark has had his work exhibited at a number of shows. Most recently, his works have been shown at the Macworld Expo held this past August in Boston, and the PC Expo held in New York this past July. Last March, Clark had a solo exhibition of his work shown in the Rotunda inside of the Russell U.S. Senate Office Building.

At a September 1993 show in Oregon, Clark received an award for a work done on the computer and printed out on an Iris printer. The judges were unaware until after the awards were given out that the work was done on a computer, "That was a good feeling," he says. "They reacted to the work, not to the medium."

Clark has also had his works published in a number of books, magazines, and calendars. Some notable publications include a landscape of his which was used in an ad for

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"Computer Watch," a television show on CNBC, published in *PC Today* magazine and in a computer artwork calendar put out by Fractal Design Corporation.

Clark says the art process varies from a couple of sessions, possibly hours in length, to weeks. Delays are created by sometimes having to figure out exactly how to do something new. New techniques are developed using existing applications.

The process can either be spontaneous or laborious. Clark often produces raw material, things like random landscapes or abstract patterns, and stores them for future review. New ideas lead to the use of older images. The older images often fit current inspiration. "I'm always excited about new pieces," says Clark who notes, "ideas are always floating around."

Inspiration comes to Clark from a number of sources. Sometimes he is inspired by experience, ideas that pop into his head, certain moments in time, phrases that he hears or by emotions that he may feel. "I feel everything I do is autobiographical. The work is not necessarily about me it comes from you, to hopefully affect people. If the work doesn't affect someone else, all you're doing is self-portraits," says Clark.

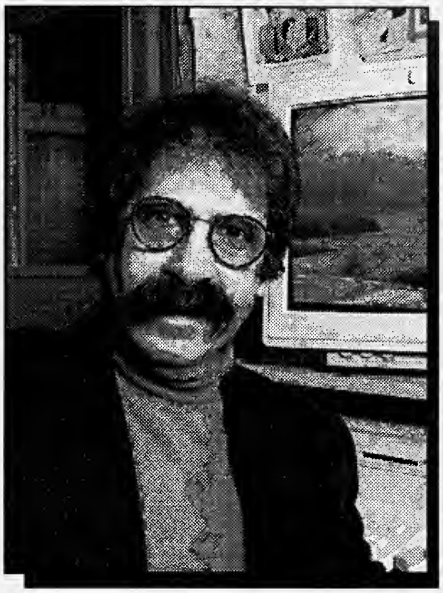
When he was about seven or eight years old, he began to paint. His next-door-neighbor, a painter, taught him the skills to get started. During high school he took art classes for half a day every day. "It was what I was interested in. To give someone that opportunity, to find something you like to do, it's nice to have that support," says Clark.

He received his B.F.A. in graphic design from the Maryland Institute College of Art. From West Virginia University he received his M.A. in sculpture, and from the Philadelphia College of Art he received an M.A. in Art Education in which he has his Pennsylvania teaching certification. Clark also attended Tyler School of Art, Penn State University, and Marywood College.

"When I was in school, there was nothing even remotely connected to fine art on the computer," says Clark, noting that one professor, however, was working out color composition on the computer at the time Clark was leaving graduate school in 1975.

His images not only incorporate hand drawing (pencils, chalks or paints), but also scanned images, "The work may call for additional elements and these may be introduced into the work by scanning from original photos or drawings," says Clark. He might also utilize still video images captured by cameras. These images combine with the free drawing and scans to form a composite work. "I try to have a lot of handwork," says Clark about not having strictly photo montages.

His latest work combines the techniques of free drawing and still video imagery. In a series of three pieces, Clark was inspired by a visual image of a coin-operated scenic telescope, the kind you might find along the highway or at a state park. From the start he knew he wanted to integrate the image into the work. Using the still video image, the end result is the telescope overlooking a scenic digital landscape. This series of three works he titles, "Postcards From the Digital Highway."



Professor Gary F. Clark

Over the past few years Clark has been more concerned with the titles of his works, "People use the title as a springboard to the work," says Clark. In the beginning he thought that the title was not so important, believing that the work could speak for itself. In retrospect Clark believes that the title provides access to the piece. His titles tend to be humorous or ambiguous. Often designed to be double entendres. A recent work, "A Bit of Magic," refers to the computer term for the smallest piece of memory.

> "WHEN I WAS IN SCHOOL, THERE WAS NOTHING EVEN REMOTELY CONNECTED TO FINE ART ON THE COMPUTER."

Clark was introduced to 'digital' art in the early 1980s when the computers and the images which could be produced were primitive. He attended a number of computer demonstrations where programmers would spend 45 minutes of programming to connect two dots with a straight line, says Clark.

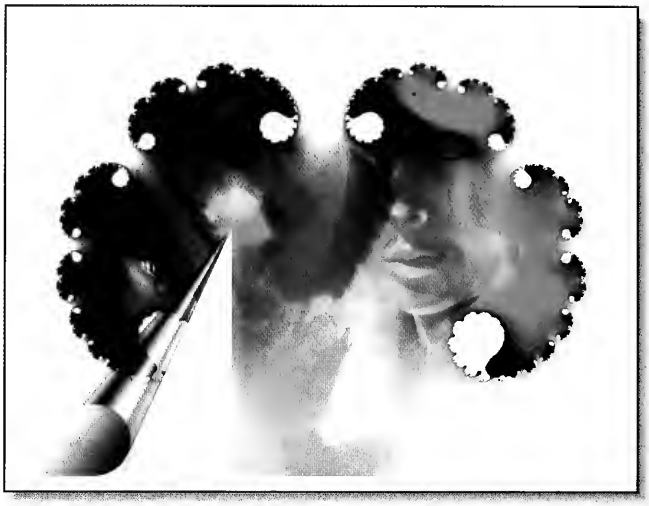
Interested in the field, but not the current technology, Clark

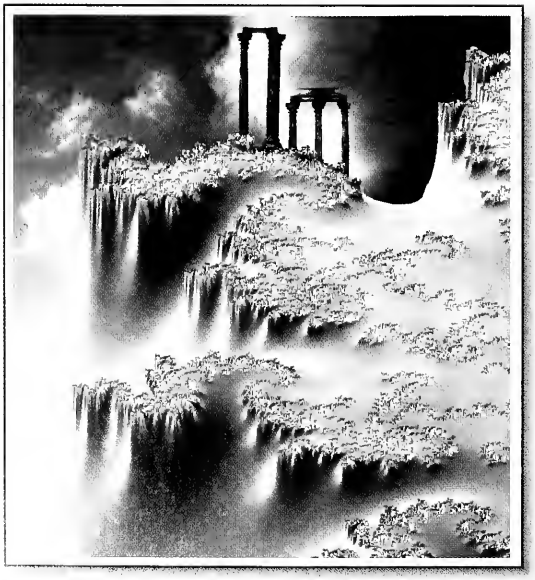
experimented with what he could until the programs reached a level more adept for artistic endeavors. His early works were done on a Macintosh 512, a computer with considerably inferior capabilities and memory capacity compared to today's technology. Basically teaching himself, he says he sat in front of the computer and "played around", constantly learning new things and techniques. "I try to balance what I do. I get as focused as I can within the realities of family and job," says Clark.

At first, Clark took in all requests, posters for parties, signs, whatever people needed. It was a way for him to develop his skills faced with concrete challenges. The early images were dictated by the equipment, he says. In the early days of 'digital' art there was only so much you could do.

There is a bias against 'digital' artists from the more traditional artist types, says Clark. Full of preconceptions and resistance, they argue that the art is created by the computer, not the artist. Traditionalists argue that with 'digital' art you 're able to make multiple copies, something that Clark points out silk screenists and lithographers have done for years. The traditionalists believe that the medium of pure painting is unique and very individual.

In defense of his medium Clark says, "the use of the computer as a fine art tool is relatively new and has allowed me to realize





Top: Tree of Life
Middle: One Rare Fat Finny Specimen
Bottom: Ground Rules

forms which would be difficult or impossible by any other means." The computer "is no better or worse than a pencil, brush or crayon," Clark says. 'Digital' art itself has been described as explosive, causing many traditionalists to slowly lose their apprehensions and become involved with the medium, says Clark, "There's a blurring of categories developing between traditional artists, photographers, 'digital' artists and designers."

Over the past two years, Clark has become much more intense with his work, pushing to get shows and expanding his limits. He describes the period previous to the past couple of years as a training ground where he learned the art form. There was a process of getting a body of work together that he felt good about, he says.

With this conscious effort he also needed to have the proper technology in place for printing, storing and slide making of his works, "It all came together," says Clark.

Success for an artist is to have one's work shown. "After a show I feel I want to do more. To move the work on," he says. "The work is already part of my experience. It's time to keep moving."

Clark says, "Showing the work is less for me, more for the people. I hope they respond positively. For me the work is done. It's a past work. I start thinking about the next piece."

"I get a good response. People are very supportive," he says, noting that some people like the work and some are interested in the process. In the competitive field of art it is hard to get shows, but as compared to the traditional art mediums, 'digital' art is less competitive, says Clark, who regularly runs across the same artists at shows.

There is a loose network forming, providing fellow artists with information about shows, publishing opportunities and updates on technology and techniques. 'Digital' artists, says Clark, are less protective of their work and tend to be helpful and supportive.

The process of entering shows has its own unique set of problems. What will be accepted by shows varies; some accept photographs while others won't. Clark says his work has been entered as everything from a photograph to a drawing.

> "THE ONLY WAY TO MASTER IT IS TO REALLY SPEND A LOT OF TIME."

Clark currently teaches computer art/graphics, drawing, design and art education courses. In his computer art class he has a hard time labeling what it is that they do. Due to the medium's short history, there exist no standards. Each creation is unexpected and new. Clark describes his students as "quite ingenious." Students in the past have

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used cloth material to print their work, eventually sewing pieces into pillows and quilts. Another student used thin copper metal in a dot matrix printer. The process left tiny pin point-like dots on the metal, which was then inked and used to make a print.

He says the students tend to help each other and are enthusiastic about their own work, sometimes locking themselves in the art tech lab for entire nights in order to finish their pieces. Clark describes them as almost having an obsessive nature. "I support them to spend as much time as possible. The only way to master it is to really spend a lot of time, a lot of hands on work," he says, "I encourage, never discourage."

In teaching he believes that there is a fine line between teaching technology and teaching creativity. He says he must carefully integrate both sides of the medium into his students' training.

Clark says the training the students receive is currently hampered by a lack of computer availability. Only two computers are currently available for high end use. This involves work on the larger, more powerful, faster equipment. He routinely receives phone calls from former students now working in the field at major newspapers, design firms and art agencies. Part of the reason he works entirely at school is to create a role model image for aspiring young artists.

In this continually adapting world of 'digital' art, new skills and ideas emerge as quickly as new artists. Ideas that were once unattainable are now possible due to advances in technology, "You don't have to settle," says Clark. Future developments in the field will enable the artist to work faster and have the use of more powerful computers in his creations.

Clark has forged his place in the expanding history of 'digital' art, a place destined to continue as far as his creativity, inspiration, and the technology will take him. From his 'digital' coin telescope Gary Clark looks out onto a world in which he can see no end. S

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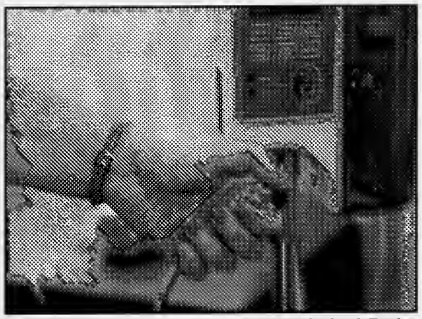


photo by Sarah Tonden

Doctor-Prescribed Patient-Controlled

By Christopher Krepich

While recovering recently from gall bladder surgery, Tammy Eddinger, Nescopeck, says she felt more in control of her recovery. With the push of a button, she was able to reduce her pain with the Patient-Controlled Analgesia (PCA) pump, and rely less on the nurses. "With this you're in control," she says.

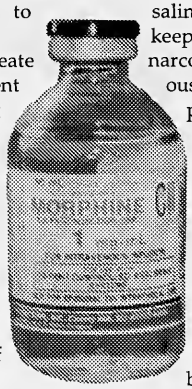
The PCA pump is a battery-operated intravenous pump used to administer morphine or Demerol in prescribed doses at pre-set time intervals after surgery. Patients can administer narcotics to themselves when the need arises. Surgery patients no longer have to endure pain while waiting for their next shot. Relief is literally at their fingertips, and there is no fear of an overdose, says the manufacturer. The device has a "lockout" control that only allows one dose to be administered within the pre-set time period, no matter how many times the button is pushed.

The pump means less work for nurses who otherwise would have to prepare and administer injections every four to six hours for each patient. "It's a real time saver for us," says Lana Wittig, a nurse at Berwick Hospital Center. The unit is currently used at Berwick Hospital Center and Geisinger Medical Center. Bloomsburg Hospital recently ordered PCA pumps.

"There is a trend to keep the patient pain free," says Dr. Roger F. Crake, a surgeon at Berwick Hospital Center. The PCA pump gives the post-operative patient more comfort and pain relief than with syringe injections because the pump keeps a constant level of narcotic in the body, alleviating pain more effectively over a longer period of time, he says.

Crake says the PCA is "used in conjunction with long acting anesthetics" in the incision. These local anesthetics help numb the wound until the patient can be settled in their room and the pump can be set up. After surgery, a larger, initial dose of narcotic, or bolus, is given by syringe through an existing catheter to help minimize pain.

The PCA pump can also create a placebo effect where the patient believes medication is being administered with every push of the button, psychologically reducing the pain without added medication. With traditional injections, the medication may wear off before the next shot is due, causing the pain level to peak. This subsequently requires more medication over a longer period of time to control pain.



Although the PCA can be advantageous for some patients, it is not recommended to all patients recovering from surgery. The most likely candidates for the pump are those who have had a more involved surgery, such as abdominal or intestinal, and for those requiring a longer recovery period. This would include patients recovering from gall bladder, bowel or colostomy procedures, Wittig says. Those suffering from heart attacks, fractures, hernias, and appendectomies would not be given the PCA. And according to the manufacturer, patients who have or have had substance abuse problems, mental illness or respiratory impairment also would not be prescribed the unit. One disadvantage of the PCA is the additional intravenous (IV) required. Because the pump requires its own IV, it may limit the patient's mobility because the unit must be wheeled around. The narcotic administered through the pump also requires a second bag of IV fluid, such as dextrose and water (or saline for diabetic patients) to keep the artery open since the narcotic does not flow continuously. There is also a remote possibility of addiction when using the PCA. However, that is "highly unlikely," Crake says.

Most patients who are evaluated before surgery to be considered for the PCA won't become overly sedated or confused from using the pump, though it is possible. "We never had it happen here," Wittig says. But Eddinger says she became "a little nutty" while using the PCA and asked that it be stopped. She attributed her confusion to a lack of food since she had not eaten for three days before her surgery and had extremely low blood sugar.

Since there is no formal training required to operate the PCA pump, nurses are trained on the job by more experienced nurses. The Patient-Controlled Analgesia pump is cleared and reset every time the nurses change shifts. The activities of the

patient using the pump are recorded and compared to earlier records. These records allow the nurses to determine if the dosage should be lowered or raised or if the pump should be discontinued.

Wittig says most patients have to be reminded to push the button for the pump. "They don't keep track of the interval. They usually don't need all the doses. But some get a little trigger happy," she says.

If confusion or profuse drowsiness occurs, the dosage will be lowered or the pump will be discontinued. If there are any reactions to the narcotics, Narcan, a narcotic reversing drug, will be administered and the PCA stopped. "We never had to use that," Wittig says.

The cost of the unit at Berwick is $58.50 per day, with a $51 start-up fee. Additional charges are $5 for the pump's tubing and $4.50 for the required catheter. The charge at Geisinger, Danville, is $50.75 per three days, with tubing included. Syringes at both hospitals are $1 each. S

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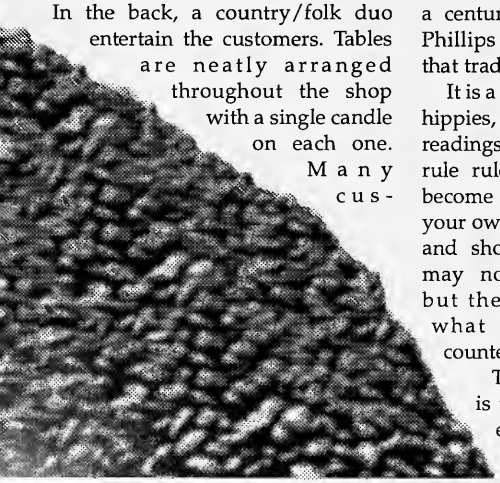
Phillips Emporium

A Creative Coffee Break

by Colleen Casper

The smell of richly flavored coffee wafting through the air is the first thing one notices entering the shop. Drinking cappuccino while browsing around the shop can entice one to discover more than 15 flavors of coffee. Local homemade baked goods are located within a glass and wooden cabinet, teasing the palate even more. Shoppers will notice a diverse selection of cookies, scones, and gourmet vinegar. In a Victorian mode, cards, holiday decorations, children's toys, old and new books, stuffed teddy bears, scented candles, and Birkenstocks are also available. In the back, a country/folk duo entertain the customers. Tables are neatly arranged throughout the shop with a single candle on each one. Many customers find the atmosphere conducive to holding a conversation with friends or simply relaxing for a few moments during the day.



On February 13, 1895, Phillips Cafe invited the community to the performance of a band composed of banjo, piccolo and dulcimer players. Now, almost a century later, Phillips Emporium is continuing that tradition.

It is a flashback from the '60s with hippies, counter culture, live poetry readings, and folk music. The no-rule rules were to love mankind, become "one with the earth," do your own thing, challenge authority, and show your emotions. There may not be many hippies left, but there is the atmosphere of what may once have been a counter culture.

The Emporium "experience" is unusual for Bloomsburg. "I enjoy the cafe because I can get chocolate-covered coffee beans there," says 16-year-old Karen S. Matthews, Fernville, "it also reminds me of France."

Shi-Hsuan Lin, a resident of Taiwan, who currently attends Bloomsburg University, says she comes to the Emporium "whenever I have free time."

> **"THERE IS A CREATIVE COMMUNITY OUT THERE AND THIS IS THE PLACE FOR THEM TO MEET."**

Ellen Glidewell has managed the Emporium since it opened four years ago. "As far as the customers go, you cannot underestimate the potential in a college town," she says, confirming that they have a steady clientele.

Helen Griffith, owner of the only folk coffee house in a two-county area, says having her own store has been a childhood dream. The building has been owned by family members since the early 1800s and she wanted it to remain within the family. Griffith's mother

donated her part of the building, allowing Griffith to use it as collateral to buy her aunt's portion of the building.

With about 3,600 square feet available, Griffith was not sure what type of business she would open. It began as a pool hall until the managers were unable to keep their commitment. Then, the idea of a coffee shop entered Griffith's head.

"I got all my inspiration while washing dishes every night. The word emporium appealed to me because it had a Victorian ring to it," says Griffith who notes that an emporium "would also allow me to expand in any direction I wanted, it would not be limiting." The decision gave her all the freedom she needed.

Griffith read books about women entrepreneurs. "I found that there are people who take risks and I am one of those. I have my grandmother's spirit," she says, noting, "when I feel strongly about something, I believe in following your gut feeling, and you will learn along the way. It's important to be honest to yourself."

> "AS FAR AS THE CUSTOMERS GO, YOU CANNOT UNDERESTIMATE THE POTENTIAL IN A COLLEGE TOWN."

The financial problems of starting a business also took on new meaning for Griffith. She went back to work, after being a full-time mother for more than 11 years. If starting a business was not challenging enough, Griffith also had a fourth grade child at home while running the business from her present home in Alexandria, Va.

A successful business usually leads to expansion. Last July, the shop expanded to sell commodity items and now offers poetry readings and musical entertainment, finally realizing its potential as a true coffee house.

The owner believes all the enti-

photo by Colleen Casper

The Red Eye Ramblers are among the many local acts that perform weekly at the Thursday night *Folk Fest.*

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ties of the shop complement each other. Eventually, Griffith says she will begin a frequent book buyers program and add a line of fabrics to her shop.

Richard Grace, musical consultant for the shop, says the coffee house has "cultural appeal" that forms the best atmosphere for writers, artists, and musicians. Grace, who plays banjo and guitar, also doubles as entertainment on some of the Thursday night *Folk Fests*. "As a musician this venue affords you the opportunity to play in a personal atmosphere," says Grace, who points out that because alcohol and smoking are not allowed, the coffee house "is almost a listening club." Grace says the atmosphere allows "an appreciation for the musicians and people come to listen, but at the same time it lends itself to conversation,"

"There is a creative community out there and this is the place for them to meet," says 27-year-old

continued on page 31

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John R. Chaya, a student at Bloomsburg University, adding, "I also come here once or twice a week to just relax and study."

David S. Ostrowski, 28, who works in Bloomsburg, says "the music is an overall cleansing of school, work, and stress in a form of pure recreation."

Dan M. Harvey, who recently moved to Bloomsburg from Chicago, says he enjoys "the music at night and the atmosphere during the day, pointing out that he especially enjoys an atmosphere of creativity and "the fact that you can touch, feel and smell the coffee beans."

Helen Griffith credits her success to others who have put so much time and effort into the business noting that "without the efforts of Richard, Ellen, Dave Barsky, and others, the Emporium would not be the success it is today." Barsky was in the shop with a hammer and nails

continued on page 32

Enlarged to show detail. ©J & C Ferrara Co., Inc.

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one afternoon building Griffith's stage for her. Griffith had not even met him before. Barsky's inspiration was simply to have a place for the live music.

"Just recently," says Griffith, "I was told, `I never dreamed I'd see the day a store in Bloomsburg would be selling Birkenstocks.'" She believes she is "addressing a need for an atmosphere that isn't being met elsewhere."

With its exotic coffee and commitment to artistic individuality, Phillips Emporium offers an alternative atmosphere for those who wish to experience cultural diversity. S

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by Jennifer Boscia and Jessica McDonald

Artwork by Mark Steinruck

Everyone gets an occasional case of the blues during Pennsylvania's long and dismal winter. The gray and snowy days can begin to look awfully dreary after hours of daydreaming out the window while you are supposed to be working. You begin to visualize yourself doing something else, perhaps flying down ski slopes on thin strips of fiberglass, or waiting for the next fish to bite as your fishing pole disappears through a sheet of ice. Whatever your tastes are, an idyllic winter trip is the perfect cure for the winter blues.

People from all over come to Columbia and Montour counties to enjoy the country-like atmosphere in the winter months. "Ice fishing, cross-country skiing and snowmobiling are popular activities in the area," says Marguerite Foster, director of the Columbia/Montour Tourism Promotion Agency. "The game lands in the area also provide a beautiful landscape for visitors," she adds. Other areas of Pennsylvania also make for exciting weekend getaways.

For those people whose idea of fun is swooshing down vertical slopes at 90 miles per hour, skiing trips are a popular holiday during the winter months. Montage Ski Resort in Scranton begins its season Thanksgiving weekend with man-made snow. "Our busiest months are December and January," says Jason Mills, an employee of the resort. The Poconos also offer a number of slopes for skiers in the winter. Camelback, Shawnee Mountain, Big Boulder, and Jack Frost are just a few resorts located in the area.

In addition to skiing, snowboarding is a trend that has caught on in the past few years. "I tried it just to see what it was like, and I ended up falling on my head," says Joel Bruno, who tried snowboarding for the first time last year. An avid skier, Bruno says there are often conflicts on the hills between skiers and snowboarders. However, he says, since snowboarding is becoming more popular, "a lot of the bigger ski areas are setting up separate hills for snowboarders and skiers."

Ice fishing is another popular winter activity, both in and out of the area. "Ice fishing is definitely a sport," says Harry Hunt, an ice fisherman for the past 10 years. Hunt mainly fishes in lakes around his hometown of Levittown, but says, "Any lake is good as long as it's not near a power plant where the water is always moving." The ice fishing season is best in December and January, but you can fish as long as the ice stays frozen. "It can be dangerous if you go out right before dark when it's getting colder," says Hunt who points out, "the ice is always cracking and shifting."

If you feel like spending a substantial period of time in the great outdoors, hunting may be the ideal winter activity for you. The local area has buck, turkey, doe, bear and small game seasons. The small game season runs through February. A hunting license is required, but one can easily be obtained at an area sporting goods store.

If you would rather stay inside, the local area offers a few activities over the next few months. Coralee Kindt, an employee of the Tourism Promotion Agency, describes January through March as a "slow time" in the area, but there are still some upcoming events, the highlight of which is "Antiques in Bloomsburg" at the Bloomsburg fairgrounds in March. The Bloomsburg Theatre Ensemble also has a variety of shows in the works, including, "A Child's Christmas in Wales," "The School for Wives," and "Oleanna." Bloomsburg University offers The Celebrity Artists Series for various interests.

If all you really want to do is get warm, you can join the swarms of people heading south for the winter. Local travel agencies report that the majority of their customers are trading in their snowsuits for swimsuits and taking off for places like Florida and the Caribbean. Meyers Charter Service, Danville, is offering "Winter Break for Seniors" as its newest promotion. The trips include Daytona Beach, Fla. in January, and Panama City Beach, Fla. in February. "It's sort of like spring break for college kids, only for senior citizens," says Pam Clark, tour director for Meyers. She adds, "They're the ones with the time and the money." Meyers also runs another trip to New Orleans in February for Mardi Gras which has been very popular in the past.

So the next time you catch yourself daydreaming out the window, stop for a moment and think of all the fun you could have enjoying one of the many winter activities that Pennsylvania has to offer. Strap on a snowboard and let loose, or relax and enjoy an afternoon at the theatre. Whatever your preference, the surrounding area has a lot to offer.

Scissor Man Cuts a Place for Himself

Looking for that hard to find item? Franklin Dent, the "Scissor Man," might just have what you need. "I sell stuff people just can't find anymore," says Dent of Bloomsburg, who has been in business for himself the past six years. The former owner of a car detailing business, Dent now takes his "Scissor Man" stand to area fairs, malls, flea markets, and fishing shows.

"I was looking for something to do," he says, after getting out of his first business venture. "I keep building it up. Probably will be for 20 years." Dent works 16 hours a day, "So I don't have to work eight hours a day for someone else."

His selection includes everything from scissors to mini-anvils to jeweler's loupes. Among his most popular items are bandage scissors, hair scissors and, to his surprise, nose hair scissors.

"I test all my scissors to see if they work," says Dent, "I go through them all. Other people don't do that," he says. Besides scissors, Dent sells a wide selection of tools, including pliers, clamps, screwdrivers, and mini-saws.

To Dent, the most unusual item he sells is an earwax spoon."It depends on the customer. Unique depends on the individual. To one person it's different, to another it's ordinary," he says, noting that the black head removers shock a lot of people.

He buys most of his merchandise from importers. "I buy what I need," says Dent, "I'm always looking to add to my selection."

"A lot of people look for me. They come back year after year. This makes me happy," says Dent, recognizing a number of repeat customers. The people are familiar with the products he carries, and that slightly "surprises him," he says. Dent, who gets the occasional "what's this thing?" from customers, says "some people question everything; usually women have the most questions." Some of the more asked about items include pin vices, Dremel tools, hemostats, and Chinese scissors.

Operating from his temporary stand, Dent says he doesn't know if he'd want to have a permanent store. "I know there will be people at the places I go," he says. "If I had a store, who knows?" His products are impulse items. In order to have a store, a large inventory would be necessary says Dent, something he's not prepared for. "Even in my sixth year of business it's still a learning process," he says.

"I enjoy my work. It's frustrating sometimes, but in the long run it's enjoyable," he says, always on his way to the next stop where the chances are he'll have that something you might just be looking for. S

- *Jeff Mac Clay*

photo by Jenn Adams

"Scissor Man" Franklin Dent, who has been in the business the past six years, sells his unique brand of merchandise at malls, fairs, and flea markets throughout Northeast Pennsylvania.

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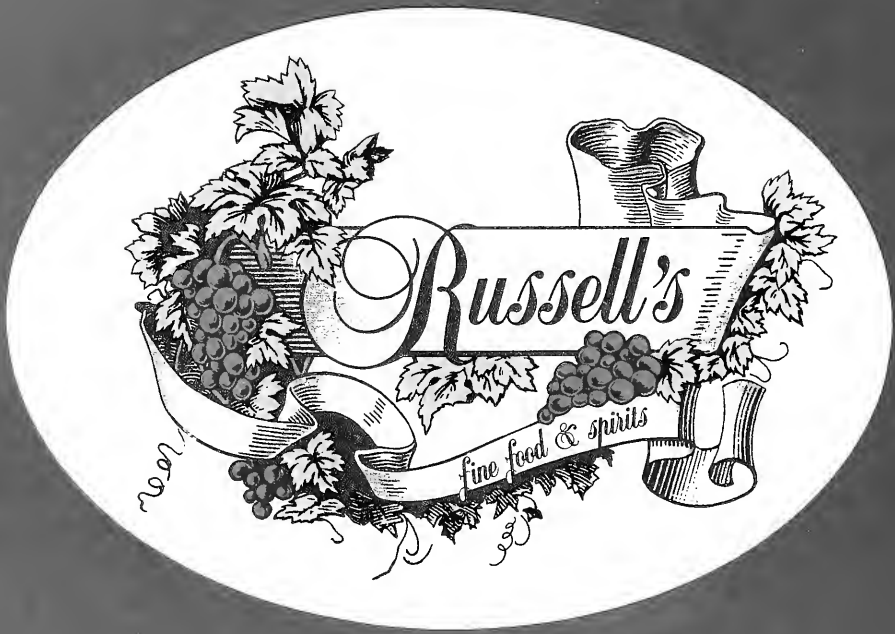

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